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What are the Best New Product Awards?

Last Thursday, the 2009 Best New Product Awards were announced to a waiting audience. If you haven't heard of them, perhaps you should.

"It's based on a random survey involving over 25,000 Canadian consumers," explains Robert Levy, President of BrandSpark (the company behind the Best New Product Awards), "so it really is a window on the Canadian principal grocery shopper; it's national, and it's both English and French."

The criteria of any winner of a Best New Product Award, says Robert, is based on two equal factors: "If you don't find the product appealing – either the packaging or the name or what it is – you're not going to buy it. And if you aren't satisfied in a way that it met your needs and met your expectations and that you're prepared to purchase it again... we developed this methodology with marketers to make it as close as possible to a real life situation – so it's as close as it can be to the recommendation of a friend."

In the food category, the emphasis was on convenience and nutrition – with a side of sweet-toothed indulgence, of course. For personal care, the majority tended to lean towards branding that smacked of guilty pleasures and lasting satisfaction. In household products, environmental concerns were prevalent. Throughout the categories, ultimately, consumers made it clear that they are looking to get more bang for their buck through more concentration and power with less packaging, and this was reflected in this year's Awards.

"Metro is delighted to be a sponsor of the Best New Product Awards this year," enthuses Bill McDonald, Metro's English Canada Group Publisher. "Very much like the innovation Metro offers to readers and advertisers alike, these awards celebrate innovative new consumer packaged goods products as chosen by consumers. At Metro we take great lengths to listen to our readers through programs like the Metro Life Panel, letters to the editor, etc. Our participation in the Best New Product Awards is an extension of that commitment to listen."

By Lori Dance

2009 Best New Product Award Winners

- ✓Air Wick Odour Stop Aerosols
- ✓Arm & Hammer® Odour Alert Clumping Cat Litter
- ✓Astro BioBest Smoothie
- ✓Astro BioBest Vitalite Yogurt
- ✓Becel Buttery Taste Margarine
- ✓Blistex Deep Renewal Anti-aging Lip Treatment
- ✓Casa Di Mama Pizza
- ✓Cover Girl LashBlast Mascara
- ✓Cover Girl TruBlend Boutique
- ✓Craisins® Sweetened Dried Cranberries 100 Calorie Pack
- ✓Crest Pro-Health Rinse
- ✓Dove Antiperspirant
- ✓Dove Body Wash
- ✓Duracell Rechargable Batteries
- ✓Garden of Eatin® Multigrain tortilla chips.
- ✓Gillette Fusion Power Phenom
- ✓Gillette Venus Embrace
- ✓Glad 100% Compostable/Biodegradable Kitchen Bags
- ✓Green Works Natural Cleaners
- ✓Grissol Crispy Baguettes Rosemary & Olive Oil Flavour
- ✓Herbal Essences Long Term Relationship Leave In Split End protector
- ✓Herbal Essences Long Term Relationship Shampoo
- ✓Hershey Bliss
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- ✓Knorr Colourful Soups
- ✓Knorr Sides Plus Veggies
- ✓Kraft Extra Virgin Olive Oil Signature Dressing
- ✓Lipton Pyramid Teas
- ✓Maple Leaf Simply Savour™ Grilled Chicken Breast Strips Value Pack
- ✓Pulsar Pro-Health Manual Toothbrush
- ✓Skintastic® OFF!® FamilyCare Insect Repellent Towelettes
- ✓Sun Rype 100% Juice
- ✓Tide 2x Liquid
- ✓Vaseline Cocoa Butter Body Lotion

✓**LOOK INSIDE** TO VIEW SOME OF THE WINNING PRODUCTS AND FOR YOUR CHANCE TO WIN A GIFT BASKET!

MISTAKES WORTH THE RISK: FLAHERTY, PG 8

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What bait did the police use?

DRUG RAID Durham Regional Police say that customers were able to buy cocaine and hashish — as well as worms and minnows — at the Rock & Reel Outdoors store in Oshawa.

A 15-month undercover operation at the bait shop at 500 King St. W. ended in charges against 11 people and also netted police $500,000 in Canadian and American currencies, a .380-calibre handgun, illegal drugs and luxury vehicles, including a Porsche Cayenne, a Range Rover and a BMW X5, police announced yesterday.

TORSTAR NEWS SERVICE

Riding the Recession

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

• Food

Wine columnist Peter Rockwell introduces us to some budget vintages, pg 33

Looking for a place to eat that won't leave a hole in your wallet? Check out Metro's Meal for a Steal, pg 32

• Tomorrow

Canada – Some family-friendly and dirt cheap ways to have fun

London Freaky fashion

CARL DE SOUZA/AFP/GETTY IMAGES

A model wears a wig yesterday during a fall/winter 2009 show by hairdresser and wigmaker Charlie Mindu on the last day of London Fashion Week. More coverage, pages 35 and 36.

Bad faith alleged

SARS suits say province didn't protect health-care workers

The actions and "bad faith" of the Ontario government during the SARS outbreak of 2003 show health-care professionals must be better protected for the next pandemic, lawyers argued yesterday as the province's highest court heard arguments about five lawsuits Ontario faces.

The lawsuits — launched by nurses, hospital patients and families of victims who died — allege the province failed to do everything it could to stop the spread of severe acute respiratory syndrome, which killed 44 people in the GTA.

It's also alleged the province prematurely declared the crisis over so the World Health Organization would lift a travel warning that halted tourism.

Court of Appeal

• The Crown is asking the Court of Appeal to throw out the five lawsuits, which a lower court refused to do.

Fifty-one-year-old Neila Laroza, who was the first nurse to die of SARS, loved her job and was committed to taking care of other people, but the province let her down by telling her it was safe to work when it wasn't, her 21-year-old son Kenneth said outside court.

Family lawyer Lisa Miron called the case "SARS-gate," and said the province acted in bad faith by putting economic concerns about tourism ahead of public health.

THE CANADIAN PRESS

Presidential pooch

PET This isn't just another wag-the-tail story: The Obamas are getting a dog in April and are looking for a rescue Portuguese Water Dog.

Michelle Obama tells People magazine the target date for the arrival of the family pet is after her daughters' spring break trip in April.

Barack Obama and his wife had promised their daughters they would get a dog after the election, and the selection of the first pet has been eagerly awaited not only by the children but by dog lovers across the United States.

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Five arrested for robbing a massage parlour
Five people have been arrested in connection to a robbery at a North York massage parlour yesterday. Five men entered the Sunshine Spa on Finch Avenue West, near Keele Street just before 3 a.m. The suspects robbed customers and assaulted the manager. TORSTAR NEWS SERVICE

Local

15 charged for contraband smokes

Police have charged 15 people in a massive bust of contraband tobacco and cigarettes in eastern Ontario near the Quebec border. RCMP say they were targeting vehicles suspected of carrying contraband goods from the Cornwall area to Montreal, Toronto and Ottawa. The weeklong blitz, which wrapped up Monday, saw officers seize 19 vehicles, 21,000 bags and cartons of cigarettes and nearly 900 kilograms of fine-cut tobacco. THE CANADIAN PRESS

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Tomorrow's Metro

Movies

Metro introduces you to some of the cast of the new film, Watchman.

metronews.ca

What's online today.

Read Hollywood Rants on whether Woody Allen is a true virtuoso or just a creepy old man

Watch The Daily Show with Jon Stewart has some choice words about Obama's trip to Ottawa at **metronews.ca/canada**

Lotteries

Lotto 6/49: 5, 11, 26, 31, 36 & 39. Bonus 4
Ontario 49: 10, 29, 35, 36, 37 & 49. Bonus 32.
Ontario Pick 3: 0 6 1; **Ontario Pick 4** : 8 6 0 5
Encore: 4987129
Daily Keno: 1, 2, 4, 6, 8, 9, 15, 16, 22, 24, 27, 32, 33, 43, 51, 56, 57, 59, 64, 70.
These results are not official.

News in brief

ACCIDENT A woman miraculously escaped with minor injuries after she was struck by a car, carried on the hood and then thrown a few feet while crossing a busy Scarborough intersection yesterday. At about 6:30 a.m., passersby watched in horror as a dark-coloured car struck a female pedestrian while it tried to turn onto Eglinton Avenue East, just west of Brimley Road, said Sgt. Tim Burrows. TORSTAR NEWS SERVICE

McGuinty wants better EI deal

Premier vows to get Ontario's benefits on par with other provinces

PRIORITY Dalton McGuinty is vowing not to back down in his fight for a better employment insurance deal from Ottawa, despite getting some concessions in the federal budget.

McGuinty said yesterday he's been focusing on Ottawa's more helpful initiatives, but it's time to make employment insurance a top priority amid a 30 per cent jump in claims in the province in December.

"We have a number of active files on the go with the federal government, and this one has percolated to the top, both by virtue of us having achieved successes in other files (that) have been set aside now, but especially because of our economic times," McGuinty said. "It's part of a continuing conversation."

"We've gotten lots out of the federal government on a number of fronts but there is more work to be done."
Premier Dalton McGuinty

Last month's federal budget set aside enough money to extend employment insurance cutoff dates by five weeks, but the length of time a person can collect the money varies by region.

The federal government also agreed to address Ontario's concerns on equalization as well as complaints the province isn't treated fairly when it comes to federal funding for health and social transfers.

Ontario's Liberal government has long argued that the province's workers get on average $4,600 less a year in benefits than residents in other provinces.

"We've gotten lots out of the federal government on a number of fronts but there is more work to be done," McGuinty said.

"Sometimes it takes a long time to achieve some successes."

McGuinty wouldn't speculate about why Ottawa now seems more willing to listen to him about employment insurance.

"They certainly heard us, that's as much as I can say," McGuinty said.

THE CANADIAN PRESS

Etobicoke **Youth art show**

AARON HARRIS/TORSTAR NEWS SERVICE

Manpreet Padam, right, and Gurpreet Padam, left, carry their paintings after taking them off the wall as their father Jaswinder Padam looks on in Toronto yesterday. The paintings were on exhibit as part of the Youth Express Modern Batik Art show at the Etobicoke Civic Centre.

Toronto man charged with murder

WINDSOR A 21-year-old Toronto man is charged with second-degree murder following a stabbing death in Windsor, Ont.

Police say 24-year-old Derek Osborne of nearby LaSalle was stabbed early Tuesday following an argument in a restaurant that spilled onto the street.

Three people were arrested after the stabbing, which was Windsor's first homicide of 2009.

Two men were seen fleeing from the scene in a car driven by a woman.

Mohamud Abdul-Kadir, who was charged with second-degree murder, is also facing two counts of breaching terms of a judicial release. THE CANADIAN PRESS

Learn to live with coyotes: Group

WILDLIFE The Animal Alliance of Canada is calling on Toronto to set up an animal welfare advisory committee to help it deal with wildlife, saying the city can't get rid of coyotes, so it should learn how to live with them.

"We need to get past the hysteria," alliance director Liz White said. In a letter sent to the city yesterday on behalf of animal welfare groups, Animal Alliance says efforts to get rid of foxes and coyotes inevitably fail, and animals return. If they're killed, the letter says, new animals simply take their place.

"We need to get past the hysteria."
Liz White

The letter cites the village of Greely, near Ottawa, as an example. After about 20 pets went missing in 2007, trappers were hired to deal with the problem.

"This community killed over two dozen coyotes, and within a year the coyotes were back and the conflict continued," it says.

The letter is co-signed by groups such as the humane societies of Canada and the United States, Born Free, the Canadian Alliance for Furbearing Animals, Canadians for Bears, Earthroots, the International Fund for Animal Welfare, the Ontario Wildlife Coalition and Zoocheck Canada.

White said programs to revitalize Toronto's ravines and waterfront have created an ideal habitat for wildlife.

That's led to conflict in the Beach neighbourhood, however, where two dogs have been attacked in recent days, sparking calls for coyotes to be trapped or shot.

White said such efforts would be futile, saying that's one price we pay for a healthy environment.

"With the greening of the city, we're going to see more wildlife, and that's a good thing," she said.

TORSTAR NEWS SERVICE

Man who killed father not criminally responsible

A man who killed his father by beating him over the head with a hammer has been found not criminally responsible in his death by way of mental illness. Ontario Superior Court Justice John McMahon made the ruling on Roy Bonadonna, 40, yesterday after hearing evidence that he has a bipolar manic psychosis. TORSTAR NEWS SERVICE

No hard targets in poverty strategy

Group hails plan, opposition blasts it

Ontario's strategy to combat poverty by eschewing hard targets and allowing future governments to set their own goals was blasted by opposition critics yesterday, but hailed by an anti-poverty group as groundbreaking.

The legislation won't enshrine into law Premier Dalton McGuinty's goal to reduce poverty by 25 per cent within five years or include penalties for missing the target.

"What we are doing, by way of legislation, is requiring that all governments have a target of their own, adopt a strategy of their own," McGuinty said. "It hardens up our collective commitment to address poverty."

That was done to allow future governments to set the goals themselves said Minister of Children and Youth Services Deb Matthews. Priorities must also be reviewed every five years.

Sarah Blackstock of the anti-poverty group 25 in 5 Network called the legislation "groundbreaking" because it acknowledges that poverty is not inevitable and can be altered by government policy.

THE CANADIAN PRESS

Spa owners charged in fraud

ARRESTS It was a grand opening for a posh spa that may not be so posh after all.

Cindy Lessard, a grad-student at Centennial College, and a few of her classmates had been invited to the launch of Jung Spa earlier this month.

They were planning to feature the stylish boutique in an upcoming issue of the school's On the Danforth magazine. The owner, 25-year-old Julia Sung, seemed impressively successful considering her age, recalls Lessard.

"It was filled with beautiful people. Everyone was really dressed up — everything was designer. They looked like they had a lot of money," she said.

Two weeks later, police are alleging that virtually everything in Jung Spa was bought and paid for with stolen money. Sung is one of four accused in a $500,000 credit card scam targetting Elmwood Spa clients. She and her husband, Filip Djukic, 39, and another couple, Goran Sadic, 44, and his wife, Milena Sadic, 41, are charged with 150 fraud-related offences. TORSTAR NEWS SERVICE

Fair weather **Careful, it's warmer**

PAWEL DWULIT/TORSTAR NEWS SERVICE

A woman walks across the ice toward Algonquin Island Park at Toronto Island. The temperature reached 3 C yesterday. The above-zero weather is expected to continue today.

UAE airline wants more flights

PEARSON Emirates Airways, a fast-growing airline that for more than a year has been rebuffed by Ottawa in its attempts to increase flights from Dubai to Pearson, says that it can help boost Toronto's economy.

The airline now flies three times a week to Toronto — the most allowed under the current air agreement.

The Greater Toronto Airports Authority, which runs Pearson, estimates that allowing Emirates and its competitor, Etihad Airways, to increase flights to the United Arab Emirates would produce an economic windfall — more than 500 jobs, $20 million in salaries and $13.5 million in tax revenues.

TORSTAR NEWS SERVICE

News in brief

COUNCIL As a marathon Toronto City Council session wound down near 2 a.m. yesterday, Rob Ford finally apologized, as demanded, for wrongly accusing fellow councillor Adam Vaughan of using his influence to have a campaign contributor appointed to a city committee. TORSTAR NEWS SERVICE

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No evidence to support RCMP insurance plan allegations: OPP
No charges will be laid over allegations the RCMP insurance plan was mishandled, the Ontario Provincial Police said yesterday. A year-long investigation, launched at the Mounties' request, didn't produce evidence to support charges. **THE CANADIAN PRESS**

City fraud probed

Ticket-fixing allegations

Toronto police will examine evidence of traffic ticket fixing and benefits fraud turned up by Toronto's auditor general and by Manulife Financial, the city's benefits administrator.

Nine city employees were suspended with pay last week after Manulife auditors spotted what appeared to be fraudulent benefit claims.

"The nine people, those are in our intake process with our fraud squad," said police spokesman Mark Pugash. The suspicious claims are being investigated.

Jeff Griffiths, the city's auditor general, also reported two complaints of possible ticket fixing.

In one case, more than 500 parking tickets had been cancelled, apparently by a single employee.

The city's investigation couldn't confirm the employee's involvement, however, because supporting records that should have been maintained had been destroyed.

Pugash said police want to take a look at the allegations, although Griffiths said he had yet to talk with police. **TORSTAR NEWS SERVICE**

Substantiated

• In another case, a city employee was accused of cancelling parking tickets for friends and family. This time, the "allegations were substantiated," according to auditor general Jeff Griffiths' annual report on the city's fraud and waste hotline.

Daily Bread Food Bank **Satisfying donation**

SUBMITTED PHOTO

Toronto Mayor David Miller helps load a 100-year supply of Special K Satisfaction onto a Daily Bread Food Bank delivery van late Tuesday afternoon. The donation was made to the food bank in recognition of a recent Kellogg's survey finding that Toronto women are the most satisfied in more life areas than women in other major Canadian cities.

News in brief

COURT Former Toronto Argonaut Bernard Williams regained his reputation yesterday when a Superior Court judge cleared him of sexually assaulting a woman in August 2006 after a night of partying. Justice John Macdonald said yesterday he believed Williams' testimony over the woman's, which showed "clear evidence of invention or imagined events."

ACQUITTAL Three Canadian military reservists were acquitted yesterday of aggravated assault. The jury returned late yesterday afternoon and found Ryan Crossman, 23, Ryan Livesey, 23, and Sean Jones, 21, not guilty after retiring Tuesday night. Hesam Zeinal-Zedeh, 25, was left unconscious on Richmond Street West with a fractured skull in July 2006. **TORSTAR NEWS SERVICE**

Transsexual dispute goes to tribunal

RIGHTS The owner of a St. Catharines fitness club says he has opted to go to a Human Rights Tribunal of Ontario hearing in a dispute initiated by a transsexual.

The complaint alleges John Fulton denied a pre-operation transsexual access to the women's only areas of his gym.

The transsexual — now a woman — was a man at the time of the incident two years ago.

Following a closed-door mediation hearing yesterday in Toronto, Fulton said he has opted to go to the tribunal rather than settle.

Fulton says he wasn't sure what to do when the pre-op transsexual applied to join because his female clients might not be comfortable with a man in their changing room.

Fulton said it all started when he decided to open a women's only section at his fitness club. A few days later, a woman came in, filled out all the paperwork and just before signing said she was a man, he said. **THE CANADIAN PRESS**

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Tainted wieners taken off shelves

Maple Leaf Foods says the thousands of wieners it voluntarily recalled after some tested positive for Listeria have been pulled from store shelves. The wieners that were shipped to stores in Ontario, New Brunswick, and Newfoundland and Labrador were part of a shipment that was supposed to be quarantined. THE CANADIAN PRESS

Canada

Not so lucky

An ad campaign for Lucky Charms cereal has proven unlucky for General Mills in Quebec. The Canadian branch of the cereal giant has pleaded guilty to violating provisions of the provincial consumer law with an ad targeting children under 13 years old, and will have to pay a $2,000 fine. THE CANADIAN PRESS

Mulroney-Schreiber inquiry to cost more than $14M

REPORT The public inquiry into the Mulroney-Schreiber affair will cost taxpayers more than $14 million.

The Canadian Press has learned the inquiry will spend about $7.5 million this fiscal year, with the total growing to almost double that figure.

THE CANADIAN PRESS

News in brief

POLITICS Alberta's New Democrats are calling for a special prosecutor to be appointed to probe election irregularities. Legislature member Rachel Notley says the recent firing of elections officer Lorne Gibson and the Conservative government's refusal to investigate allegations of election misconduct require drastic action.

THE CANADIAN PRESS

Rushing 'worth the risk'

Ottawa changing treasury procedures to get stimulus flowing ASAP

Finance Minister Jim Flaherty says the Canadian economy is in such dire straits he is prepared to risk making mistakes and will rush stimulus spending so it can speed economic recovery.

The finance minister said yesterday it is essential to get a portion of the $40-billion stimulus package in the budget spent soon after April 1, the beginning of the government's fiscal year.

"There will be some mistakes made, but it's worth the risk to help the majority of Canadians during what is a serious recession," he said after meeting with the Conservative caucus.

Flaherty said the government is taking some shortcuts to get stimulus spending out the door and into the economy quickly, and will present Parliament with a timetable for how the stimulus will be implemented on March 11.

He said $6 billion in infrastructure projects contained in the January budget are moving through the system quickly.

Officials at the Treasury Board, which must approve spending, are modifying their procedures and some initiatives are going directly to cabinet for approval, Flaherty said.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

Finance Minister Jim Flaherty responds to a question during question period in the House of Commons yesterday on Parliament Hill in Ottawa.

Conservative gang approach too little, too late: Critics

VIOLENCE Great politics, lousy policy.

That's how criminologists and critics are summing up the Tory push for more penalties after a spate of 18 shootings in British Columbia blamed on gang warfare.

Prime Minister Stephen Harper heads to Vancouver today to talk up a bill that, if passed, is expected to deem any gang-related killing a case of first-degree murder.

The Conservatives also promised in the last election to create a new criminal offence, with a mandatory prison term, for drive-by shootings.

It's the government's latest flex of legislative muscle as it renews a crime-fighting agenda that partly died when Harper forced an early election last fall.

THE CANADIAN PRESS

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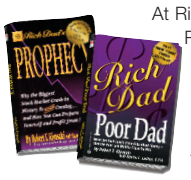

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Robert Kiyosaki will not attend this workshop.

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Feds move to save killer whales

Environmental groups concerned about the future of killer whales welcomed an order issued by the federal government that will help protect the mammals' threatened habitats. The order was issued in Ottawa earlier this week. THE CANADIAN PRESS

News in brief

OLYMPICS Nova Scotia's New Democrats are pressuring the province to turn down the chance to buy 200 tickets to the 2010 Winter Olympics in Vancouver. New Democrat Graham Steele says it would show that priorities are "completely upside down" at a time when people are losing their jobs.

SCIENCE People soon won't have to leave their homes to immerse themselves in an all-sky view of the northern lights dancing above the Northwest Territories. A camera being set up outside Yellowknife will send out real-time videos of the swirling, vivid colours that often light up the sky.

THE CANADIAN PRESS

Tragic end to ski trip

B.C. An incredible and tragic story of survival and death is emerging after search crews found a Quebec man and the body of his wife in British Columbia's back country.

The couple went missing while skiing out of bounds in southeastern B.C. on Feb. 15 and weren't discovered for nine days.

RCMP Const. Annie Linteau said yesterday the man's survival is incredible. "They only had in their possession two granola bars. No water. Apparently they may have had access to a creek that was nearby, and of course the snow in the area. It appears he may have eaten some foliage."

The 51-year-old man was in the hospital in Golden, B.C., yesterday recovering from frostbite and other symptoms of exposure. An autopsy will be conducted on the man's 44-year-old wife tomorrow.

The couple, from a Montreal suburb, were on a ski holiday when they decided to hit the slopes at Kicking Horse Mountain Resort.

They failed to return but police didn't know the couple was missing until the day before they were found. THE CANADIAN PRESS

Dziekanski posed a real threat, Mountie testifies

With his hand clenched around a stapler, Robert Dziekanski posed a real threat to the four Mounties who surrounded him and to passersby at Vancouver's airport, one of the officers told a public inquiry yesterday.

Const. Gerry Rundel has maintained that Dziekanski was holding a stapler up to his chest with his other hand in a fist just before he was stunned five times with an RCMP Taser in the early morning of Oct. 14, 2007.

"I venture to say I don't know where that could have ended, but it could have gone bad," Rundel told the inquiry into Dziekanski's death.

"There's no doubt in my mind that he took up the combative stance, and he had every intent to injure, attempt to injure, harm us officers and anybody in the public."

Rundel has already testified that he feared for his safety and saw the stapler as a weapon, but expanded yesterday on just how much of a threat he perceived.

Don Rosenbloom, a lawyer for the government for Dziekanski's home country of Poland, suggested to Rundel that the man wasn't about to run away, and didn't pose a real risk to the officers forming a semi-circle around him.

Rundel replied that Dziekanski was unpredictable, and noted that it took multiple Taser jolts and four RCMP officers to finally restrain Dziekanski and put him in handcuffs.

THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

RCMP Const. Gerry Rundel leaves for lunch during the second day of his testimony into the death of Robert Dziekanski.

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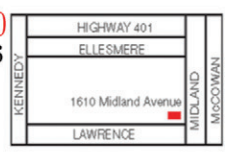

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Police probe suicide link of Brampton student

Ottawa police say they are working with Minnesota authorities in the investigation into the suicide last year of Carleton University student Nadia Kajouji. Minnesota police say they are trying to determine if someone in the state was involved in the death of the 18-year-old freshman from Brampton. THE CANADIAN PRESS

New privacy blueprint

NDP introduces bill to update access-to-information law

MPs were given a new blueprint to renovate the country's antiquated access-to-information law on the eve of a scathing report from the federal information watchdog describing a system in sorry disrepair.

A New Democrat MP introduced a private member's bill yesterday that would adopt measures Prime Minister Stephen Harper promised more than three years ago to adopt, but has yet to act on.

NDP MP Pat Martin said yesterday there is more of a need than ever to scrutinize government activities given the billions of dollars in federal stimulus spending on the books.

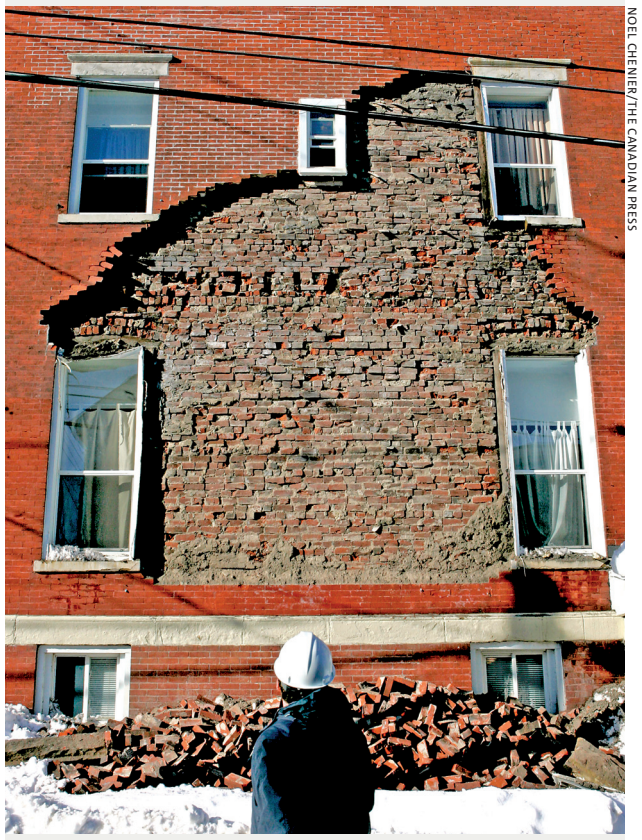
"This whole thing is based on the premise that people have a right to know what their government is doing."

THE CANADIAN PRESS

Original draft

- The bill is based on a comprehensive package drafted in 2005 by then-information commissioner John Reid — reforms that would make more files accessible to the public, expand the commissioner's oversight powers and introduce measures to help ensure federal agencies comply with the act.

Saint John **1 less brick in the wall**



NOEL CHENIER/THE CANADIAN PRESS

Marc Goguen of the building inspection department views the side of a building yesterday in Saint John, N.B., where hundreds of bricks fell to the sidewalk. Inspectors believe water infiltrated behind the new brick, which was added last summer, and then froze, pushing them out.

Canadian teacher killed while on vacation in Madagascar

BUNGLED A Canadian teacher who was on an extended vacation with his girlfriend on the island nation of Madagascar was shot and killed Monday in what friends and family members say appears to have been a bungled robbery attempt.

Mark Alessio, who was born in Guelph, but grew up in London, Ont., was vacationing on the island off the southeast African coast when he was slain in the capital city of Antananarivo, apparently at the hands of would-be burglars.

Based on second-hand accounts of what happened, it appears Alessio may have gone outside to investigate some sort of disturbance when he was shot, his brother Michael said yesterday in an interview with The Canadian Press.

THE CANADIAN PRESS

Local reports

- One of Mark Alessio's former students in Madagascar, Karim Pirbay, said in an email that according to local reports, three people were in the garden outside the house and Alessio was shot in the head and the chest when he went out to lock the door.

News in brief

INQUIRY The unearthing of sexual abuse allegations, rumours of a decades-old pedophile ring and derailed investigations and prosecutions all begin and end with Perry Dunlop, a public inquiry heard yesterday in Cornwall, Ont. While the former police constable set in motion the events that saw 15 people charged, any subsequent failings were largely of Dunlop's own making, a provincial police lawyer told the inquiry.

OILSANDS Conservatives and Liberals both came to the defence of Alberta's oilsands yesterday, responding to a stark 20-page spread in this month's National Geographic magazine. The article, The Canadian Oil Boom: Scraping The Bottom, details the environmental and social problems around the oilsands, as well as an explanation of the extraction process.

HEALTH The Newfoundland and Labrador government is expected to release next week a public inquiry report into hundreds of botched breast cancer tests. In a statement yesterday, provincial Health Minister Ross Wiseman said inquiry officials have told him that Justice Margaret Cameron expects to have her report done Saturday. THE CANADIAN PRESS

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Farmer charged after horses freeze to death
Humane Society officials say they have found several frozen horse carcasses and more than two dozen starving horses on a western Pennsylvania farm. The farm's owner faces animal cruelty charges. THE ASSOCIATED PRESS

World

Speech a success
The White House says it is pleased with the reception U.S. President Barack Obama got from members of both parties during his first speech to a joint session of Congress Tuesday.
THE ASSOCIATED PRESS

Opposition head banned

Pakistan court bars leader from contesting elections

Pakistan's Supreme Court banned the country's most popular opposition leader and his brother from contesting elections, igniting political turmoil yesterday as the country battles rising al-Qaida and Taliban violence.

The decisions against former prime minister Nawaz Sharif and his brother, Shahbaz, triggered demonstrations in several cities and a five per cent drop in the main stock market on fears of street violence and protracted tensions among the country's ruling elite.

The court was hearing appeals against a ruling barring Sharif from contesting elections because of a criminal conviction dating back to his overthrow in a coup by former dictator general Pervez Musharraf in 1999. It was also considering allegations of irregularities in Shahbaz's election to the provincial parliament. It gave no details on the rulings.

Sharif and his supporters accused President Asif Ali Zardari, the husband of slain former prime minister Benazir Bhutto, of exerting pressure on the court to issue the ruling to eliminate a political threat.

"The nation should rise against this unconstitutional decision and this nefarious act," said Sharif, who heads the country's largest opposition party.

Sharif said he opposed rioting, but added: "If the people want to show their anger, who can stop them?"

Sharif urged people to join him in what was expected to be a large anti-government rally next month. THE ASSOCIATED PRESS

Effect of decision

- The court's decision prevents Sharif from challenging Zardari in general elections in 2013 and — of more immediate importance — means Shahbaz cannot remain head of the provincial government of Punjab.

ANJUM NAVEED/THE ASSOCIATED PRESS

Supporters of opposition leader Nawaz Sharif chant slogans next to burning tires during a demonstration against a court decision made yesterday that bars him from contesting elections. The ruling raises the prospect of political conflict in Pakistan.

Pall cast over Tibetan new year

LOCKDOWN Trading fireworks for sombre prayer, Tibetans marked yesterday's arrival of their new year with mourning as Chinese authorities sealed off Tibet and Tibetan regions in western China to foreigners.

An unofficial Tibetan boycott of festivities was in memory of last year's victims of a harsh Chinese crackdown on anti-government protests. The Dalai Lama, Tibet's spiritual leader, said celebrations would be "inappropriate."

At temples in Tibet's capital of Lhasa, rifle-toting Chinese paramilitary guards replaced crowds of pilgrims, and candlelight vigils were held instead of the usual merrymaking, Tibetan groups said.

Adding to tensions, next month marks the 50th anniversary of a failed 1959 uprising against Chinese rule that led to the Dalai Lama's flight into exile.

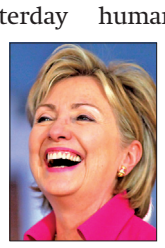
Several travel agencies in the southwestern city of Chengdu, a popular gateway to Tibet, confirmed yesterday that Tibetan tourism officials have ordered a ban on foreign travellers in Tibet during February and March because of the Tibetan new year, known as Losar. THE ASSOCIATED PRESS

Tighter security

- Foreign tourists are typically allowed into Tibet. However, security around the new year has been heightened because of unrest a year ago, when deadly riots in Lhasa spread into neighbouring provinces as anti-government protests.

U.S. singles out China's human rights abuses

REPORT The U.S. yesterday scolded China for a litany of human rights abuses last year even though Secretary of State Hillary Clinton suggested during her recent Beijing visit that the issue would take a backseat to broader concerns.



Clinton

In a report on the state of human rights around the world, the State Department singled out China while noting a general deterioration in conditions in other countries in Asia, the Middle East, Africa and eastern Europe.

The department accused China of stepping up "severe cultural and religious repression" of minorities and increasing harassment of dissidents.

The report noted that Chinese authorities continued to limit citizens' right to privacy, freedom of speech, assembly, movement and association while committing extrajudicial killings and torture. and using forced labour. THE ASSOCIATED PRESS

News in brief

MIAMI A 53-year-old music teacher fatally shot his wife and two daughters yesterday before killing himself, while his 16-year-old son, who survived the attack, managed to call 9-11- as he escaped uninjured from the Miami home, authorities said. Police haven't released names, but neighbours identified the father as Pablo Amador. A third daughter was away at college, neighbours said. Amador was described as a Cuban immigrant and "normal dad" who gave piano lessons at a guitar shop and at his home.

NUCLEAR Iranian and Russian technicians are conducting a test run of Iran's first nuclear power plant, officials said yesterday, a major step toward launching full operations at the facility, which has long raised worried the U.S. and its allies. At the same time, Iran claimed another advance in its controversial nuclear program: The number of centrifuges operating at its uranium enrichment plant has increased to 6,000, the country's nuclear chief said — up from 5,000 in November. THE ASSOCIATED

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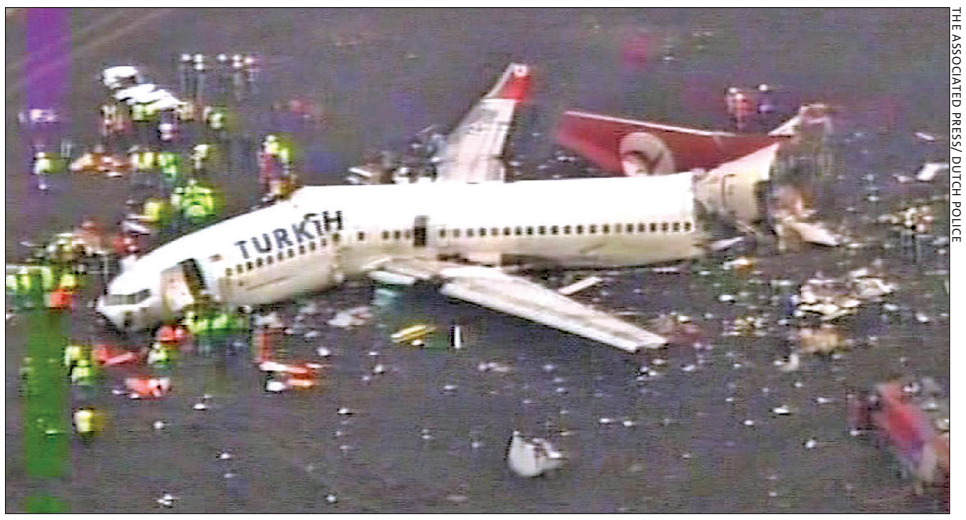
U.S. Attorney General says closing Gitmo won't be easy

U.S. Attorney General Eric Holder says closing the Guantanamo Bay detention facility will not be easy, but it will be done safely. Holder visited the centre in Cuba on Monday. THE ASSOCIATED PRESS

9 dead in Holland crash

Plane splits in three pieces, but 126 passengers survive

A Turkish Airlines jetliner plummeted out of cloudy skies and plowed into a muddy field on approach to Amsterdam yesterday, but remarkably 126 people — the vast majority of those aboard — survived. The nine dead included both pilots.



THE ASSOCIATED PRESS/ DUTCH POLICE

In this grab from footage made available by the Dutch police, rescue workers respond to a plane crash in a field near Amsterdam's Schiphol Airport yesterday.

The Boeing 737-800 en route from Istanbul to the Dutch city broke into three pieces when it hit the ground about three kilometres short of the runway at Schiphol Airport at 10:31 a.m. The fuselage split in two, close to the cockpit, and the tail broke off.

But the wreckage didn't burn and scores of people walked away from it.

Survivor Huseyin Sumer told Turkish NTV television he crawled to safety out of a crack in the fuselage.

"We were about to land, we could not understand what was happening, some passengers screamed in panic but it happened so fast," Sumer said. He said the crash was over in five to 10 seconds.

Pieter van Vollenhoven, head of the Dutch Safety Authority investigating the cause, said it appeared the plane lost speed before crashing. "You see that because of a lack of speed it literally fell out of the sky," he told NOS radio after visiting the crash site.

The plane's flight data recorders have been found and will be analyzed by experts. Six of the injured were in critical condition, 25 were seriously hurt and 24 had slight injuries, health authorities said.

THE ASSOCIATED PRESS

U.S. diplomat convicted

CRIME An international jewelry executive and a former American diplomat, who was based in Toronto, pleaded guilty yesterday to trading gemstone rings, trips with exotic dancers and other gifts in exchange for expedited work visas.

The scheme was hatched in Toronto, where Mike O'Keefe was the deputy non-immigrant visa chief at the U.S. Consulate.

O'Keefe personally fast-tracked applications for New York-based STS Jewels. In exchange, he received the presents from Sunil Agrawal, the chief executive officer of STS, according to court documents.

O'Keefe pleaded guilty to accepting an illegal gratuity, a felony that carries up to two years in prison and a $250,000 fine. His wife and grown children sat in the courtroom, wiping tears from their eyes and clinging to each other during the hearing.

Agrawal, a native of India, worked out a deal that allowed him to plead guilty to the misdemeanour charge of illegal supplementation of salary, which his lawyer said he hopes will not threaten Agrawal's immigration status in the United States. The charge carries up to a one-year prison sentence and a $100,000 fine.

Both men were indicted on bribery and conspiracy charges by a federal grand jury in Washington. They pleaded guilty to lesser offences that carry much shorter maximum prison terms.

THE ASSOCIATED PRESS

Visa applications

- Prosecutors say Mike O'Keefe approved 21 visas for foreigners sponsored by STS Jewels. Emails between the two men cited in court documents show that O'Keefe personally handled STS applications and conducted the interviews himself on a fast track.

3 convicted for war crimes

SIERRA LEONE A United Nations-sponsored war crimes court found three top Sierra Leone rebel leaders guilty yesterday of multiple crimes against humanity in the West African country's disastrous civil war.

The rebels — known for maiming their victims with machetes — left Sierra Leone with a population of amputees, as well as countless thousands of orphans and widows.

Issa Sesay, an interim leader of the Revolutionary United Front, and one of his battlefield commanders, Morris Kallon, were convicted on 16 of 18 counts. Another battlefield commander, Augustine Gbao, was found guilty on 14 of the 18 charges he had faced.

The charges against all three include amputation, murder, enlistment of child soldiers and sexual slavery. They also include forced marriage.

"While the decision issued today cannot mend the broken lives and severed limbs, it goes a long way to validate the terrible suffering endured by countless Sierra Leoneans — and it puts current-day perpetrators on notice," said Corinne Dufka, an expert on Sierra Leone for Human Rights Watch.

THE ASSOCIATED PRESS

"While the decision issued today cannot mend the broken lives and severed limbs, it goes a long way to validate the terrible suffering endured by countless Sierra Leoneans."
Corinne Dufka, Sierra Leone expert

Charges laid for Mumbai attacks

TERRORISM India formally charged the lone surviving Pakistani gunman from the deadly Mumbai attacks yesterday in a 11,000-page document marking the beginning of a legal process that could lead to his execution.

Mohammed Ajmal Kasab was captured in the early hours of the attacks and jailed ever since. Nine other attackers were killed during the three-day siege in November, which left 164 people dead and targeted luxury hotels, a Jewish centre and other sites across the city.

The 21-year-old Kasab faces 12 charges. If convicted on the two most serious counts — murder and waging war against India — he will likely face the death penalty. THE ASSOCIATED PRESS

News in brief

TASER The family of an emotionally disturbed man who plunged head first to his death after he was shocked by a police stun gun is suing the New York Police Department and the officers. One of the officers, Lt. Michael Pigott, committed suicide after becoming increasingly distraught over ordering an another officer to use the Taser.

AID Palestinian Prime Minister Salam Fayyad says he is seeking $2.8 billion US in foreign aid for rebuilding Gaza.

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Three more bodies found at China coal mine blast site

Three more bodies were found yesterday at a coal mine that was the site of China's worst industrial accident in a year, bringing the death toll from the underground explosions to 77. Rescuers are searching for one more miner. THE ASSOCIATED PRESS

Big melt in Antarctica

Warming spreading: Experts

Antarctic glaciers are melting faster across a much wider area than previously thought — a development that could lead to an unprecedented rise in sea levels, scientists said yesterday.

A report by thousands of scientists for the 2007-08 International Polar Year concluded the western part of the continent is warming up, not just the Antarctic peninsula.

Previously, most of the warming was thought to occur on the narrow stretch pointing toward South America, said Colin Summerhayes, executive director of the Britain-based Scientific Committee on Antarctic Research and a member of the International Polar Year's steering committee.

But satellite data and automated weather stations indicate otherwise.

"The warming we see in the peninsula also extends all the way down to what is called west Antarctica," Summerhayes told The Associated Press. "That's unusual and unexpected."

For the International Polar Year, scientists from more than 60 countries have been conducting intense Arctic and Antarctic research over the past two southern summer seasons — on the ice, at sea, and via icebreaker, submarine and surveillance satellite. THE ASSOCIATED PRESS

Glaciers

- The biggest west Antarctic glacier, the Pine Island Glacier, is moving 40 per cent faster than in the 1970s, discharging water and ice more rapidly into the ocean.
- The Smith Glacier, also in west Antarctica, is moving 83 per cent faster than in 1992.
- The glaciers together are losing around 103 billion tonnes per year.

Ash Wednesday **Service marks beginning of Lent**

ST. PAUL PIONEER PRESS/THE ASSOCIATED PRESS

First-grade students raise their hands as they recite the Lord's Prayer yesterday during Ash Wednesday services at the Church of St. Peter Claver in St. Paul, Minn. Ash Wednesday marks the beginning of Lent, a 40-day period of penance and fasting that culminates with Easter.

Bangladesh border guards mutiny

REVOLT Mutinous Bangladeshi border guards who stormed their headquarters in the capital and opened fire on their superior officers agreed to surrender yesterday after the government said it would grant them amnesty.

The guards seized their headquarters and a nearby shopping mall, killing at least one person, a rickshaw driver, and trapping dozens of children in their school on the compound. The army was called in to quell the unrest.

Guards said they were upset their officers had not raised their demands for equal pay and working conditions as army soldiers when Prime Minister Sheikh Hasina visited the headquarters the day before. THE ASSOCIATED PRESS

Hospital may keep octuplets: Mom

TALK SHOW Nadya Suleman has told a TV talk show host that she fears the hospital may not release her newborn octuplets to her.

Dr. Phil McGraw says the 33-year-old unemployed mother called him Tuesday, distraught that Kaiser Permanente officials told her they were concerned about the babies living at her home in suburban Los Angeles. Suleman has taped two episodes of McGraw's Dr. Phil show.

THE ASSOCIATED PRESS

Blast kills three British soldiers

AFGHANISTAN Britain's military says three British soldiers were killed yesterday in an explosion in southern Afghanistan during an escort operation in Helmand province.

The ministry did not identify the soldiers.

Britain has about 8,000 soldiers in Afghanistan. Most are battling the Taliban in the south of the country. The deaths brings to 148 the number of British personnel killed in Afghanistan since 2001.

THE ASSOCIATED PRESS

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Comment & Views

Comment

GM needs second revelation

InBusiness
Charles Davies
Veteran Business Writer

As General Motors CEO Rick Wagoner steers his beater of a company along the precipice of bankruptcy in a stormy recession, he must pine for the good old days.

I'm not talking here about the 1950s, when GM, with its chrome and fin-encrusted lineup, was one of the world's most dominant corporations. I mean the Great Depression, the gold standard of economic misery, a period when GM somehow managed to stay profitable despite nose-diving sales.

Between 1929 and 1932, GM's North American car and truck production fell 75 per cent and sales revenues dropped 78 per cent. Nevertheless, the company still managed to earn profits of $248 million US and pay out dividends of $343 million US. Working capital was trimmed only by $26 million US and holdings of cash and short-term securities actually grew by $45 million US.

Obviously, it helped that GM didn't have to deal with unionized labour in the worst of the Depression. The United Auto Workers didn't come along until 1935 and, a year after that, kick-started the certification process with sit-down strikes at GM plants in Atlanta and Flint, Mich.

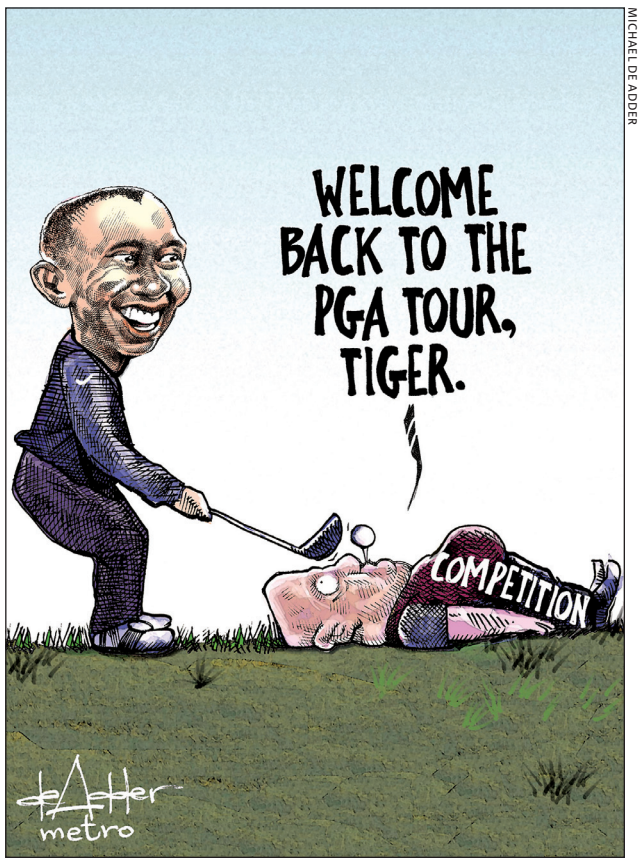
Still, the company had a remarkable triumph in adversity because it was brilliantly managed. GM was a nimble operator, combining innovation with a highly developed system of financial controls and manufacturing processes. Much of the credit for this goes to Alfred P. Sloan Jr., the MIT-trained electrical engineer who assumed GM's presidency in 1923 and didn't let go for nearly a quarter century. GM's strength in adversity, Sloan said in his memoirs, was simply that it could "react quickly" to changing business conditions.

GM revolutionized the fledgling auto industry through the 1920s. Henry Ford may have been the genius of mass production, but it was Sloan and his management team that shaped the market. GM developed the broad model line — "a car for every purse and purpose" — annual model changes, installment buying (through the 1919 creation of General Motors Acceptance Corp.), and the trade-in.

But in a company that built cars in semi-autonomous divisions, they also introduced stringent cash controls and extreme due diligence when making investments in new products. Sloan's crew also implemented modern inventory and production controls along with regular sales and earnings forecasts. The result, as Sloan described it, was the transformation of a "formless aggregation" into "an integrated, effective enterprise" that ran on the principle of decentralization with co-ordinated control.

GM's Depression-era management structure was a revelation. The company dearly needs another one.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters and the Financial Post.



MICHAEL DE ADDER

Views

Could you be heartless to your 'faves?'

Steve Shrout
Metro Alberta Publisher

Someone recently asked me, "What are you giving up for lent?" Trying to be the cool guy, I suggested perhaps my cellphone. Apparently it was the most humorous thing this person has ever heard. Taking the snorts personally, I started thinking. The Secret Service couldn't pry it from Obama's hands, so why would I give it up willingly? Over the last few weeks, my cellphone has risen to presidential status making it easier to justify why I carry one like a six-shooter on my hip! (LOL.) My whole style of communicating has changed over the past couple of years. What am I ABT2 do?

My friends think I'm addicted, but that's not my POV. I am pleased that my thumbs have found a new purpose in life! My smartphone is my life … my email, telephone, Facebook, and general "thinking companion" … till death do us part. Can I live without it? A separation of sorts; not for a lifetime, but just 30 days.

Am I crazy? What if it takes me a couple hours to respond to people? Will I miss business deals, memos, or, more importantly… general office banter and useful gossip! I may be sacrificing the social status I have texted so hard to achieve!

What if it takes me a couple hours to respond to people? Will I miss business deals, memos or more importantly … general office banter and useful gossip!

For instance, before I received my smart phone sitting impatiently at red lights was waste of time… now they're just not long enough as I finish that last sentence of humorous and sometimes wise prose. I now have a new appreciation for the horns of some of the more exotic cars out there!

My "friends and family" love it when I'm the first to respond to every question, right? That's indeed what makes me so special! And what about photos? I'm pretty sure everyone loves to see the world from my point of view so I send them proof of my "where-abouts" at whim. They always respond "LOL" or "KEWL!"

Giving up the smartphone may be a great experiment for me, but I'm just not sure I could be that heartless to all my "faves!"

Besides, does this thing even have an off button?

Metro Alberta Publisher, Steve Shrout has become proficient with technology and quite often experiences "phantom buzz" when separated from his cellphone.

Letters

The environmental era

Re: Going Green Section (Feb.16)

Environmental issues are now a big concern to society.

Although our technological developments improved the standard of living, they constantly contributed to environmental damages in the form of air pollution, global warming, ozone depletion and much more destruction. In order to retain our quality of life with minimum longterm costs, energy efficiency and alternatives must be found.

Hybrids and electric cars, solar panels, or containers and packages — there are tons of resolutions there to be developed and put into action.

No time should be wasted. We must act quickly in individual and national scale to prevent further degradation in nature.

JENNIFER SUN, SCARBOROUGH

Punish animal cruelty to full extent of law

It never ceases to amaze me how cruel "humane beings" can be.

What is wrong with these people who want to watch animals tearing each other apart because they have made them this way?

If they are into "blood sport" so much, why don't they bet on themselves and who will hurt which one the most and leave the poor defenceless animals out of it.

The roosters are not stupid enough to think of doing something so barbaric.

These people should be punished at the full extent of the law, which isn't enough anyway.

At least someone called the SPCA to stop these idiots, but the roosters still had to be killed.

But at least they didn't have to tear each other apart

EVELYN BEATSON, TORONTO

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Computer maker Lenovo to cut 450 jobs in China
Lenovo Group, the world's fourth-largest personal computer maker, said yesterday it will eliminate 450 positions in China to cut costs. The cuts are among 2,500 jobs that Lenovo announced last month it would eliminate worldwide. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Nortel to cut 3,200 jobs

Nortel Networks is laying off another 3,200 employees worldwide, or more than 10 per cent of its global workforce, in an ongoing effort to restructure its operations while under court protection.

Analysts weren't drumming up much optimism, however, with some saying that another round of layoffs won't lift the telecom equipment maker out of its problems — which include heavy debts, an intensely competitive market and weak economies in several key countries.

"I would have more hope (in Nortel) if they had a strategy — or if they at least revealed that they have a strategy," said Andy Woyzbun, lead analyst at Info-Tech Research Group.

"The question is where are you cutting. If you're cutting randomly that's dumb. If you're selectively reducing, and you've decided which parts of your business you're going to feed and which you're going to starve, that to me would be hopeful."

THE CANADIAN PRESS

Background

- Nortel filed for creditor protection in January.
- The company won't be paying severance to the employees who lose their jobs.
- Nortel won't honour outstanding bonuses from 2008.
- Nortel shares, which will become all but worthless when restructuring is completed, were steady at 10.5 cents on the Toronto Stock Exchange in low volume.

RYAN REMIORZ/THE CANADIAN PRESS

Locked-out newspaper employees demonstrate outside the Caisse de dépôt building in Montreal yesterday.

Pension fund punished for betting on ABCP holdings

MARKET The Caisse de dépôt et placement du Quebec announced yesterday the worst results in its history — a staggering drop of $39.8 billion in the value of its assets in 2008.

CEO Fernand Perreault blamed the performance on the global financial crisis, the devaluation of the Canadian dollar and the Caisse's holdings of asset-backed commercial paper.

The pension fund is a major investor in real estate, blue chip Canadian companies and Quebec firms like Quebecor Media.

THE CANADIAN PRESS

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In brief

TAKEOVER Canadian fertilizer giant Agrium has made a $3.6-billion US hostile bid to buy U.S.-based fertilizer firm CF Industries Holdings. Calgary-based Agrium said it has offered to pay $72 US a share for CF, made up of one Agrium share plus $31.70 in cash. The offer is a 30 per cent premium over the closing price of CF shares on the New York Stock Exchange on Tuesday.

IMPROVED Media company Quebecor Inc. posted a loss of $343.7 million in the final quarter of 2008, improving on its year-earlier loss of $962.6 million when it booked $1.1 billion in losses on discontinued operations. The loss included a $671.2-million non-cash charge related to a downgrade in Quebecor's valuation of its newspaper business.

THE CANADIAN PRESS

Court backs AT&T in price dispute

INTERNET The U.S. Supreme Court has ruled for AT&T in the company's antitrust dispute with an Internet service provider over prices for high speed Internet access.

The highest U.S. court unanimously reversed a decision by an appeals court that had ruled the telecom company was setting its wholesale prices so high that an Internet service provider could not compete with the low prices AT&T charged in the retail market.

The justices sent the case back to a trial judge, who can decide whether AT&T was charging too little for its product in hopes of running its competitors out of business.

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The co-investigator of the study is Dr. Esme Fuller-Thomson, Faculty of Social Work, University of Toronto **(esme.fuller.thomson@utoronto.ca)**

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De Beers laying off 128 diamond workers at N.W.T.'s Snap Lake mine

De Beers Canada is laying off 128 workers and suspending work with contractors at its Northwest Territories Snap Lake diamond mine. Diamond prices are down about one-third since their high last August and retail sales have dropped between 20 and 30 per cent in the U.S. THE CANADIAN PRESS

Business in brief

AIRLINES The Conference Board says the recession will ground profits in Canada's airline industry this year. The Ottawa-based think-tank says lower demand for personal and business air travel will cut profits by almost 86 per cent, although the industry will remain profitable. The Conference Board estimates Canada's airlines will eke out a profit of $106 million this year, the lowest level since 2004.

MINING Sherritt International Corp. has reported a net loss of $592.1 million for the fourth quarter and $289.7 million for all of 2008 after taking a $463.3-million writeoff of goodwill on the Ambatovy nickel project in Madagascar.

THE CANADIAN PRESS

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First-timers hold the key

Gloom creates buyers' market

Lower home prices and shifting demographics mean first-time buyers could lead a rebound in Canada's real estate market, experts said yesterday at a real estate conference in Toronto.

Phil Soper, president and CEO of Brookfield Real Estate Services, said rookies are the largest category of buyers in the real estate market, accounting for close to 70 per cent of all transactions at the height of the housing boom.

However, they've been scared away in droves by the economic downturn.

Such a lack of first-time buyers can grind the real estate market to a halt, Soper told Scotiabank's annual real estate outlook conference. "When new buyers stop entering the market, it's like sand in the gears," he said.

Adrienne Warren, a senior economist and real estate specialist at Scotiabank, said all of this seemingly bad news is working to create a buyers' market.

She said the demographic of first-time home buyers is growing as the children of baby boomers reach the age where they begin to consider entering the housing market. New immigrants will also be an important driver in the coming years, she added.

However, Warren predicted the housing market won't see a substantial rebound until 2013 or 2014.

THE CANADIAN PRESS

End of boom

- Canada's 10-year housing boom that saw prices soar, particularly in the western provinces, ended last year.
- New residential construction projects fell to 211,056 in 2008, about eight per cent lower than an average of 230,000 from 2004 to 2007.
- Resale activity in 2008 fell 17 per cent; home prices dipped by one per cent.

New credit cards pinch retailers

RETAIL New chip-and-PIN credit cards being rolled out by Visa and MasterCard have raised suspicion among retailers who have to absorb the cost of outfitting stores with new chip-reading terminals.

Small- and mid-sized businesses see the move as just another way for credit card companies to charge higher fees once chip-and-PIN technology becomes standard.

A spokesman for Visa insisted that isn't happening. THE CANADIAN PRESS

TD Bank makes a little less profit

BANKING The Toronto-Dominion Bank, an oasis of green amid the blasted financial-services landscape, keeps on tallying profits — almost $8 million per day during its latest quarter. TD, the first Canadian bank to report on the first quarter of the banking year, said yesterday its net income was $712 million, down from $970 million a year earlier, but all its major businesses were solid, including U.S. banking.

THE CANADIAN PRESS

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2009

BEST NEW PRODUCT

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2009 Best New Product Award Winners

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What are the Best New Product Awards?

The Best New Product Awards, now in its 6th year, is the only competition judged by 25,000 Canadian consumers coast to coast. With over 100 new products entered in the categories of Food, Personal Care and Household, the winners make for one great shopping list. For a complete list of winners, and the chance to win all 34 products, please visit **www.metronews.ca/bnpa.**

✓ GREEN WORKS™ PRODUCTS

We believe that natural cleaning products should:

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- Be made from plant- and mineral-based ingredients.
- Use biodegradable ingredients.
- Never be tested on animals.

That's why we created Green Works™ products... so you can have natural cleaning products that you feel good about using, and are safe for the environment!

✓ DEEP RENEWAL™/MC ANTI-AGING LIP TREATMENT FROM BLISTEX®

Keep lips looking more youthful with new, clinically proven DEEP RENEWAL™/MC Anti-Aging Lip Treatment from BLISTEX®

- Visibly reduces the appearance of fine lines
- Leaves lips looking revitalized
- Helps keep lips moisturized

Coenzyme Q-10 for moisturization and overall visible revitalization

Hyaluronic Spheres to help give lips a fuller appearance. Deep Renewal utilizes best-in-class ingredients for beautifully cared-for lips.

- Coenzyme Q-10 – the gold standard for moisturization and overall revitalization
- Hyaluronic filling spheres – help give lips a fuller appearance
- Vitamin-collagen complex – promotes lasting lip health
- Light-refractors – contribute to improving lips' luster and youthfulness
- Sun protection – SPF 15 helps protect against sunburn

✓ DR. OETKER'S CASA DI MAMA PIZZA

Dr. Oetker's Casa di Mama pizza is the unique expression of traditional full-flavoured taste that pizza lovers hunger for. An authentic Italian pizzeria style thin crust that rises around the edge. Each pizza is topped with richly spiced tomato sauce and a delicious blend of mouth watering toppings for the ultimate bold, filling and satisfying pizza experience. Casa di Mama is available in 5 ultimate toppings: Deluxe, Pepperoni, 3 Meat, 4 Cheese and new Hawaiian.
Casa di Mama; The Ultimate Homemade Pizza Taste!

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2009 Best New Pro

✓ ASTRO BIOBEST VITALITÉ PROBIOTIC YOGOURT

Astro BioBest Vitalité. It's more than just a probiotic yogourt. Astro BioBest Vitalité is the only yogourt with a unique blend of 3 probiotic cultures and prebiotic fibre. Each 100g serving contains 1 billion probiotic cultures plus prebiotic fibre making BioBest Vitalité unique in maintaining and supporting a healthy digestive system. It's smooth and creamy taste is available in nine delicious flavours. Visit feelgoodinside.ca for more details & introduce this award winning product to your family.

Astro BioBest Vitalité. Add a little Vitalité to your life.

✓ ASTRO BIOBEST PROBIOTIC SMOOTHIES

Astro BioBest Smoothies provide a delicious way to refuel your body – on the go! With its active probiotic cultures and convenient portable bottle, Astro BioBest Smoothies fits in with your family lifestyle. Every 200ml serving has 1 billion active probiotic cultures, is a source of energy, low in fat and a good source of calcium. Our award winning drinkable yogourt is available in five delicious flavours. Visit feelgoodinside.ca for more details.

Astro BioBest Smoothie. Refuel Your Body.

✓ KNORR® BOUILLION CUBES WITH EXTRA VIRGIN OLIVE OIL & SEA SALT

New Knorr® Bouillon cubes are made with sea salt and pure Bertolli extra virgin olive oil. Knorr cubes are easy to use, quick to dissolve and add rich flavour to your soups, stews, sauces, gravies and risottos.

✓ KNORR® SIDES PLUS™ VEGGIES

New Knorr Sides Plus veggies! Rice and pasta side dishes that offer a tasty and convenient way to serve your family more vegetables. Knorr Sides Plus Veggies provide 1/2 serving of vegetables per serving with no artificial flavours, no trans-fats, and are low in fat.

✓ KNORR® COLOURFUL SOUPS

New Knorr Ready-to-Serve Colourful Soups available in Red, Orange, Yellow and Green. Knorr chef's have skillfully combined delicious vegetables, fruits, herbs and spices of the same colour to provide important nutrients and they are quick and easy to prepare! Each contain 2 servings of fruits and vegetables.

oduct Award Winners

✓ OCEAN SPRAY® CRAISINS®

Ocean Spray® Craisins® Sweetened Dried Cranberries are now available in a 100 Calorie Pack making it the perfect healthy snack choice to enjoy anytime...anywhere. Craisins® are fat free, a source of fibre and part of the Health Check™ program. Just 1/4 cup equals one serving of fruit according to Canada's Food Guide.
For more information on Craisins® visit www.oceanspray.ca

BEST IN SHOW

✓ GLAD® 100% COMPOSTABLE/BIODEGRADABLE BAGS

GLAD® 100% compostable/biodegradable bags are made with renewable resources* that provide dependable GLAD® quality and strength, and are environmentally friendly.† Now available in two convenient sizes.

**made with a vegetable based material that is 100% biodegradable.*
†because they are biodegradable. For use in municipal collection programs where applicable.

✓ LIPTON® WHITE TEA WITH BLUEBERRY & POMEGRANATE

Inspired by authentic tea markets from all over the globe, Lipton® invites you to try the delicious blended flavours of Lipton White Tea with Blueberry & Pomegranate. Crafted from long-leaf white tea, this bountiful mix of real pomegranates, apple, black currant, blueberry and raspberry fruit pieces are sure to help put you in a positive state of mind. Our pyramid-shaped transparent bags give Lipton White Tea with Blueberry & Pomegranate maximum room to infuse for the best possible aroma and flavour.

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No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes April 27, 2009. Odds of winning depend on number of entries received. Ten prizes of the 34 Best New Product Award products will be awarded. Each prize is valued at approximately $200 (CAD). For full contest rules and details, visit www.metronews.ca/bnpa.

Brodeur back tonight
The New Jersey Devils activated Martin Brodeur off injured reserve yesterday, clearing the way for him to play his first hockey in almost four months. Brodeur was told by the team he would be returning to the net tonight against Colorado. METRO NEWS SERVICES

Sports

Goodell takes big pay cut

NFL commissioner Roger Goodell, left, voluntarily took a cut of 20-25 per cent from the $11-million US salary and bonuses he was to receive in the 2008 fiscal year due to the reeling economy. The NFL, which is generally considered to be by far the wealthiest and most financially stable sports league in North America, reduced staff by 169 jobs — or 15 per cent of its workforce — in December. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Focused Tiger returns to links

GOLF Eight months later, Tiger Woods looked as though he had never been away. Woods made a triumphant return to golf yesterday in the Accenture Match Play Championship with a start that showed golf what it had been missing in the 253 days since he limped his way to a U.S. Open title. He closed out Brendan Jones of Australia with a three-foot par on the 16th hole for a 3-and-2 victory. THE ASSOCIATED PRESS

Sports in brief

SOCCER Yossi Benayoun's late header gave Liverpool a 1-0 win at Real Madrid in the Champions League's first knockout round yesterday, while Bayern Munich crushed Sporting Lisbon 5-0 to virtually guarantee a spot in the quarter-finals. Chelsea, last season's finalists, gained a first-leg advantage over Juventus with Didier Drogba ending a two-month goal drought to clinch the 1-0 win.

SOCCER Eduardo Sebrango scored two goals as the Montreal Impact rode the energy of 55,571 fans at Olympic Stadium to defeat Santos Laguna of Mexico 2-0 in the opening leg of their CONCACAF Champions League quarter-final last night.

NHL Calgary billionaire Brett Wilson confirmed yesterday that progress has been made in his plans to invest in the Nashville Predators. "We have a handshake agreement but nothing in writing," Wilson said.

SPEEDSKATING Long-track speedskater Christine Nesbitt suffered a minor head injury after a fall during a training session yesterday at the Richmond Oval. Ingrid Paul, Nesbitt's coach, said she doesn't expect the speedskater to miss any competitions as a result of the fall. METRO NEWS SERVICES

For more sports coverage, visit us online at www.metronews.ca/sports

Leafs ruin Tort's debut

NHL RESULT

Rangers 1 Leafs 2 (SO)

NEW YORK RANGERS VS TORONTO MAPLE LEAFS

A new face behind the bench didn't reverse the fortunes of the New York Rangers.

Nikolai Kulemin scored the shootout winner last night as the Toronto Maple Leafs spoiled John Tortorella's debut with a 2-1 victory.

The Leafs rookie beat Henrik Lundqvist with the team's first attempt and watched as goalie Vesa Toskala turned aside all three shots against him.

Tortorella hasn't had much time to work with his new team. He replaced Tom Renney on Monday and only had one full practice with the Rangers before they travelled to Toronto. Even still, New York put together a better effort than it did during a 3-2 overtime loss to the Maple Leafs on Sunday.

Niklas Hagman scored in regulation for Toronto (23-26-12). THE CANADIAN PRESS

STEVE RUSSELL/TORSTAR NEWS SERVICE

Pavel Kubina takes Fredrik Sjostrom into the end boards.

Rangers add Bell

- The team the Leafs were playing last night picked up forward Mark Bell off waivers yesterday afternoon. Bell has spent most of the season in the AHL.

A-Rod puts aside boos, homers to help beat Jays

GRAPEFRUIT LEAGUE

Yankees 6 Blue Jays 1

Yankees VS Blue Jays

Greeted by boos each time he stepped up to the plate, Alex Rodriguez homered in his second at-bat of the spring for the New York Yankees.

The superstar third baseman, who earlier admitted to the use of steroids from 2001 to '03, walked in his first at-bat against Blue Jays prospect Brett Cecil.

A large contingent of Yankees fans helped ease some of the boos directed at him by the crowd at Dunedin Stadium, but plenty of potshots were still easily heard.

"What did you have for breakfast, A-Roid?" was among the more creative.

He came up again in the fourth to a similar reaction, but this time hammered a 2-2 offering from 2005 first-round pick Ricky Romero over the wall in left to give the Yankees a 3-1 lead.

Rodriguez's spring debut brought the circus from the Yankees' spring home in Tampa, with media and fans making the trek.

Blue Jays manager Cito Gaston offered no judgment on Rodriguez before the game. "I never took the stuff myself so I don't know how it can help you have eye-hand co-ordination," he said. "You still have to have eye-hand co-ordination to hit the ball. I don't know if it makes that bat feel like you've got a toothpick or whatever." THE CANADIAN PRESS

"I never took the stuff so I don't know how it can help you have eye-hand co-ordination."
Cito Gaston, talking about steroids

GENE J. PUSKAR/THE ASSOCIATED PRESS

Alex Rodriguez watches his fourth inning home run off Ricky Romero leave the yard in Dunedin, Fla., yesterday.

Oakville teen chases dream to Scotland

For as long as he can remember, Lucas Birnstingl has wanted to be a professional soccer player.

Now, less than two weeks after turning 19, he's getting his chance.

Birnstingl, a 6-foot-4, 190-pound goalkeeper from Oakville, arrived yesterday in Scotland, where he's signed a three-month contract with First Division Dundee FC.

"I've been working to do this my whole life," Birnstingl said before leaving. "It's finally happening."

Birnstingl, who graduated from Oakville's Iroquois Ridge High School in June, spent two weeks in Scotland earlier in February trying out for Dundee, which sits in third place in the league standings.

If there's an injury to one of Dundee's top two goalies, he would likely dress for the first team.

"It's an opportunity for him to show us between now and the end of the season what he's capable of doing," Dundee manager Jocky Scott said in an interview. Birnstingl won the under-14 national club championship with the Oakville Blue Stars in 2004. He also played for Ontario all-star teams that went to the Canadian championships and toured Peru.

Ray Newland, a former English goalkeeper who now teaches them through his company Just 4 Keepers, spotted Birnstingl at a clinic in Toronto about 18 months ago and worked to get him a pro tryout.

"It's an amazing stepping stone for Lucas," Newland said in an interview from England. "It's an unbelievable opportunity to put himself in the shop window to hopefully go on and do brilliant things, which I'm sure he will do." TORSTAR NEWS SERVICE

SCOREBOARD

NHL

EASTERN CONFERENCE

	W	L	OT	P
d-Boston	41	12	8	90
d-Washington	38	18	5	81
d-New Jersey	38	19	3	79
Philadelphia	33	17	9	74
Montreal	32	22	7	71
N.Y. Rangers	31	24	7	69
Florida	30	22	8	68
Buffalo	31	24	6	68
Carolina	31	26	5	67
Pittsburgh	30	26	6	66
TORONTO	23	26	12	58
Ottawa	23	27	9	55
Tampa Bay	20	28	12	52
Atlanta	22	33	6	50
N.Y. Islanders	18	36	6	42

d-division leader

YESTERDAY'S RESULTS
TORONTO 2 N.Y. Rangers 1 (SO)
Detroit 4 San Jose 1
Philadelphia 2 Los Angeles 0
Pittsburgh 1 N.Y. Islanders 0

NBA

EASTERN CONFERENCE

	W	L	PCT
d-Cleveland	44	11	.800
d-Boston	46	12	.793
d-Orlando	42	15	.737
Atlanta	32	24	.571
Miami	30	26	.536
Philadelphia	28	28	.500
Detroit	27	29	.482
Milwaukee	28	31	.475
Chicago	26	32	.448
New Jersey	26	32	.448
New York	24	33	.421
Indiana	25	35	.417
TORONTO	23	36	.390
Charlotte	22	35	.386
Washington	13	44	.228

d-division leader

YESTERDAY'S RESULTS
Indiana 104 Memphis 99
Philadelphia 106 Washington 98
New Jersey 111 Chicago 99
Orlando 114 New York 109
Utah at Minnesota
Detroit at New Orleans
Milwaukee at Dallas
Portland at San Antonio
Atlanta at Denver
Charlotte at Sacramento
Boston at L.A. Clippers

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For more home and condo news and columns, check Metronews.ca.

Metro Homes

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Last blast

If you're a fan of Domino, the hip U.S. glossy that blew a breath of fresh air through the shelter mag world, this is your final chance to pick up a copy. The March 2009 issue is the publication's last. METRO NEWS SERVICES

Emerald highlights

Green is the theme for The Emerald, Pemberton Group's newest condo, located in Richmond Hill.

Suite Talk

VANESSA GRECO
for Metro Canada

From glass vases to decorative pillows, all that glitters is green when it comes to the shimmering model suite at The Emerald, Pemberton Group's newest condo in Richmond Hill.

Drawing inspiration from the condominium's gemstone moniker, designer Flora Di Menna pulled together a youthful living space characterized by rich greens and adventurous furniture choices.

"It's a contemporary design with lots of golden greens, caramel and cream," said Di Menna of Flora Di Menna Designs Inc. Orange and brown accents are strategically placed throughout the suite to tie the bold colour palette together.

The focal point of the open-concept living area is an undulating double-chaise with a sliding glass tray.

"The chaise is put in the middle so there's the option to sit and relax on your own but you're still close enough to join a group conversation," said Di Menna.

Built low and covered in green upholstery, the piece is eye-catching but doesn't obstruct the rest of the room. Also keeping sightlines open are two subtle glass coffee tables.

For an added touch of whimsy, a star-shaped mirror rests on a wall above one of the glass tables. The mirror reflects the image of a buttery-yellow sofa sitting nearby. Directly in front of the leather two-seater, modern glass vases sit on the other table.

"All these accessories add a little bit of interest and variety. They should catch your eye, not overwhelm or create too much excitement in the room," said Di Menna who chose an abstract brown rug to tie the vibrant spectrum of colours together.

Other notable features include a decorative folding screen and dark wood cabinetry.

Suites at The Emerald range from 625 to 960 square feet, starting from $199,500. The sales centre is on the northeast corner of Red Maple Road and Hwy. 7. Call 905-709-5700.

Crafts can make home offices more homey

HOUSE AND HOME Shouldn't a home office be homey? Give that space a more personal touch with crafts that cater to function while providing reminders of family and friends.

This craft, developed by the crafts editor at HGTV.com, is easy on the pocketbook and fast — we wouldn't want to distract you from work for too long.

JACK DEMPSEY/THE CANADIAN PRESS

Give your home office a more personal touch with crafts that cater to function and remind you of family and friends.

MAGNETIC MESSAGE BOARD

Note: Making this extra large is nice, for poetry, inspirational quotes and other things that encourage creativity and help get you through the workday.

SUPPLIES:

- Sheet metal, whatever size fits your need, available at home-supply stores;
- Drill press with metal bit (Don't have one? Find a neighbour);
- 4 metal washers;
- Glue, such as Gorilla Glue or a glue gun with glue stick;
- High-quality, wide ribbon, such as velvet or silk (to hold a potentially heavy message board); stylish alternative: copper wire;
- Fun, decorative magnets.

ASSEMBLY:

- Drill two holes at the upper corners of the sheet metal, at least an inch or more from the top and several inches in from each side. The holes need to be large enough to thread the ribbon through;
- 2. Glue a washer on the front and back of each hole. These will cover any sharp edges or blemishes created by the drilling;
- 3. Thread the ribbon through the holes, securing it so that it can hold the weight of the message board. (You might thread the ribbon across the front of the board, loop it back on itself on both ends, then bring it up to tie a bow at the top);
- 4. The fun part: Add magnets, family photos, assorted inspirational mementoes and any important dates or "to do" lists.

TIP: To clean minor blemishes on the sheet metal, rub it with vegetable oil and fine steel wool. Remove all traces of the oil by rubbing with a cotton towel.

Adapted from a craft created by H. Camille Smith, Crafts Editor, HGTV.com and DIYNetwork.com.

THE CANADIAN PRESS

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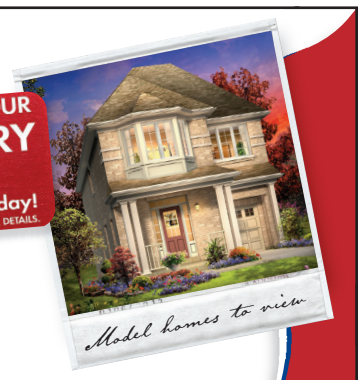
SPRING 2009 OCCUPANCY

TOWNHOMES	LOT#	ELEV	SQ. FT.	BDRM	PREV. PRICE	PRICE NOW	SAVINGS
The Canyon (Deep Lot)	4603	A	2,094	4	~~$374,990~~	$349,990	$25,000
The Canyon	4302	A	2,094	4	~~$366,990~~	$339,990	$27,000
The Canyon	4303	A	2,094	4	~~$366,990~~	$339,990	$27,000
The Canyon	4403	A	2,094	4	~~$366,990~~	$349,990	$17,000
The Seascape	4304	A	2,082	4	~~$366,990~~	$339,990	$27,000
The Seascape	4404	A	2,082	4	~~$366,990~~	$349,990	$17,000

SINGLES	LOT#	ELEV	SQ. FT.	BDRM	PREV. PRICE	PRICE NOW	SAVINGS
The Chrysalis	10	A	2,406	4	~~$509,990~~	$479,990	$30,000



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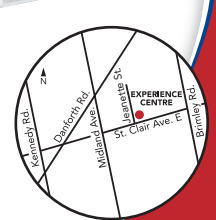

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Decor

Read more in the March issue of STYLE AT HOME magazine.
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Green read

Get inspired by chic, earth-friendly homes

HOME LIBRARY Dreaming Green by Lisa Sharkey and Paul Gleicher, $58, Clarkson Potter, hardcover, 240 pages. Whether you're building a new eco house or just adding earth-friendly touches, you'll be inspired by these 17 luxurious homes. They include the authors' own classic New York brownstone, which was renovated without using any harmful building or decorative supplies. The book has a resource section, as well as info about green features that aren't visible, such as solar power, cellulose insulation (made from recycled newspapers) and radiant heat. — JENN HOULIHAN

All-in-one

A multitasking marvel at an unbeatable price

HOME & STYLE It's a sofa, bed and storage unit all in one, and set at a price point that's tough to beat — Ikea has its bases covered with this multitasking marvel. Hagalund sofabed in Idemo beige $729, Ikea, 866-866-4532; ikea.ca.

— BRETT WALTHER

Design improv!

When floor space is limiting your decor goals, get creative

Faced with big ambitions and relatively limited floor space, what's a decorating diva to do? Improvise! It's a truism that necessity is the mother of invention – in other words, a legitimate need often prompts you to create something new.

Innovating in order to solve a space problem is exactly what happened in my own home. My husband and I have an adequately sized ensuite bathroom, but when it came time to create the floor plan, I still wanted more space to accommodate a makeup table for me.

There simply wasn't enough room for the free-standing vanity I had in mind; however, when I stumbled upon an architectural bracket in a salvage store, I was struck by a new possibility.

TED YARWOOD

By cantilevering (no visible means of support) the bracket and pairing it with a backless, armless bench to sit on, I was able to carve out just enough space for my makeup table, shown at left. Excited by the innovation, I was determined to figure out a way around another problem: how to allow easy access to adjacent drawers (to the right of the new table), where I planned to store my makeup.

My solution? Fit each drawer with a piano hinge. That would allow the drawers to swing toward me when I was seated, thus providing full access to the products inside.

— KIMBERLEY SELDON

Home & style **Corner-cutting pieces help make the most of a small space**

Has a tight floor plan left you feeling backed into a corner? These fab finds are designed to slip snugly into any nook or cranny, so every inch of your close quarters is put to good use.

— BRETT WALTHER

Windham corner desk in black $349, Crate and Barrel, crateandbarrel.ca.

Annie Ottoman $989 US, Hickory Chair, hickory chair.com.

Bladhult rattan corner basket $30, Ikea, ikea.ca.

Folly Corner Chair $1,471 US, Hickory Chair, hickory chair.com.

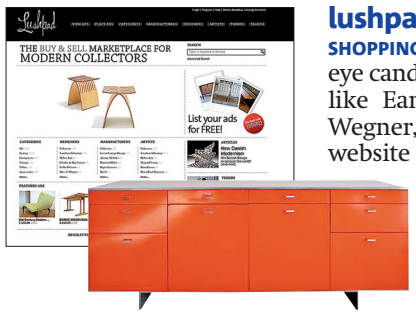
Barbara Barry Realized by Henredon Triangle occasional table in Black Walnut $2,010, studiobhome.com.

Alve corner workstation in black-brown $499, Ikea, ikea.ca.

Mitchell Gold + Bob Williams Mason chair $1,455 and up, Elte, elte.com.

— PRODUCED BY MARGOT AUSTIN

An online treasure trove for collectors of vintage and midcentury furniture



lushpad.com

SHOPPING ETC. If your fave eye candy comes in flavours like Eames, Saarinen and Wegner, bookmark this website — pronto. Billing itself as the "buy and sell marketplace for Modern collectors," Lushpad helps Canadian and U.S. collectors cut to the chase in their quest for vintage and midcentury furniture and accessories. While there's still some research involved — for instance, ferreting out the authentic George Nelson Ball Clocks from the Nelson-style knock-offs — the site's designer bios, trend forecasts, and articles on design and architecture make it a must for repeat visits.

Deals 'n' steals: A recent browse yielded a pair of original Eames fibreglass shell chairs manufactured by Herman Miller, $250 US, as well as vintage Heywood-Wakefield wooden classroom chairs, $25 each, with some still carrying stamps from the Denver public school system.

Luxe splurges: A one-of-a-kind circa 1940s tomato red metal credenza, $3,950, shown at left, which was featured in a House Beautiful spread of interior designer Adam Dolle's apartment. — YUKI HAYASHI

UPPER DANFORTH Village

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SPRING 2009 OCCUPANCY

TOWNHOMES	LOT#	SQ. FT.	PREV. PRICE	PRICE NOW	SAVINGS
The Highland	13207	1,932	~~$318,990~~	$299,990	$19,000
The Rouge	13502	2,200	~~$328,990~~	$309,990	$19,000
SEMIS	LOT#	SQ. FT.	PREV. PRICE	PRICE NOW	SAVINGS
The Malvern	22L	2,556	~~$421,690~~	$397,990	$23,700
The Malvern	22R	2,556	~~$421,690~~	$397,990	$23,700
The Malvern	24R	2,556	~~$421,690~~	$397,990	$23,700
The Malvern	26L	2,556	~~$421,690~~	$397,990	$23,700
The Malvern	27L	2,556	~~$421,690~~	$390,990	$30,700
The Regent	4L	2,577	~~$422,790~~	$399,990	$22,800
The Regent	6L	2,577	~~$422,790~~	$399,990	$22,800

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For more home and condo news and columns, check Metronews.ca.

Beat the blues with glitz, glamour

HomeScape

It's grey outside and winter is getting a little tiresome. But, as mother always said, it's best to look on the bright side. So I'm thinking about introducing a little decadence and opulence into the home as a way to boost the spirits. You know, touches of richness such as silk or satiny fabrics, over-the-top chandeliers, gilt-edged furniture with elaborate handles, and fringed lampshades.

The look reminds me of living like a movie star in the '30s and '40s. So it's not at all strange that some call the look "Hollywood Regency." It's really an eclectic mix of Asian, Baroque, Neoclassic and Art Deco. But whatever it is, it's all over the place these days.

Torononians can take a a peek at what it looks like, check out the Dream Home at the National Home Show. There you'll see all manners of shiny and rich detailing: Mirrored furniture, lighting with crystals, shiny enameled furniture, gilded decorative birdcages or furniture, shimmering reflective patterned wallpapers, and so on.

It's all about the details. Small ornate touches give a feeling of richness and wealth; it wafts glitz and glamour. However, to save the look from going totally overboard, the rich detailing is combined with clean-looking décor foundations, a luxurious minimalist look, if you will. For example, introduce a few elaborately upholstered old-fashioned chairs with button tufting, or a buffet edged in gilt into a quieter contemporary space.

Show

- The Dream Home at the National Home Show runs until March 1 at the Direct Energy Centre, Exhibition Place.

No doubt about it, there's Hollywood tacky with too many home decor items that scream, "Hey, look at me, I'm rich." Not necessarily a classy look. And then there's Hollywood elegant, a sophisticated look, with a few tasteful nods to decadence, richness and luxury. Designers of the time were creating homes that were destinations, so people in the business could impress each other with their cushy and elegant homes. Not that you necessarily care about this, but the main thing is that you may find you impress yourself with your ability to introduce luxury into your home decor at a time like this.

I've said it before, and I'll say it again. In these difficult economic times, putting a luxe touch — a-la-old-fashioned-Hollywood — into your home may seem exactly opposite to what economic realities dictate, but this is precisely what gives the look its appeal. A little luxury can go a long way if you're feeling a tad bleak. And you don't need to overdo it and you don't have to spend a fortune. All you need is a few effective pieces to achieve this look.

For example, black or dark shiny lacquered furniture or surfaces painted with glossy paints are a part of the Hollywood look. Also check out antique shops for furniture with the circular or eight-sided "Chinese medallion" pattern in the chair backs or the front of a china cabinet, for example.

Sumptuous fabrics play a big role in the look as well. Think velvet drapes, silk lampshades with fringes (that you can glue on) and thick, sculpted rugs. Rich and sumptuous throw pillows can make quite a splash, as can decadent faux fur throws. "Chinoiserie", or Chinese-looking vases and decor items fit nicely into the mix as well.

In the bedroom, if you go for "bedspreads", think of shiny, silky, or satiny fabrics, with an many of ruffles and elaborate stitching.

Another great thing about this look is that you can safely combine vintage or borderline tacky with a few high-quality details and make the total look work, lowering your redecorating costs. One thing is sure — waiting out the winter in these surroundings will be a pleasure, dahling.

If you want to add some glamour to your house, silk or satiny fabrics, over-the-top chandeliers and gilt-edged furniture, are a good choice.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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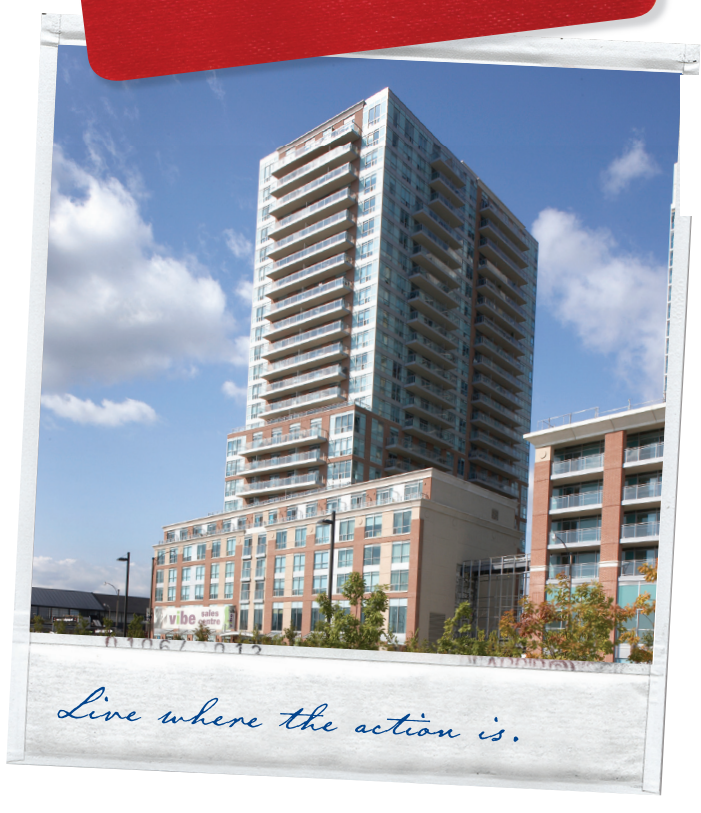

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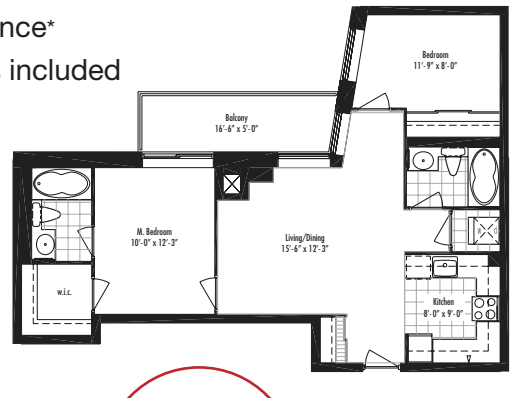

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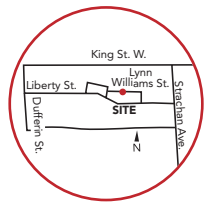

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Monarch

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For more home and condo news and columns, check Metronews.ca.

Reno tips from the experts

VANESSA GRECO
for Metro Canada

Whether it's distressed wood, faux-finishes, decorative finials, or oil-based enamel, Craig Stewart has seen it all. After 12 years in the custom-made furniture business, there are few renovation dreams he can't make a reality.

When a customer approached him about creating the mother of all wall units — a 40-foot, cherry wood unit, with a television set that lifted on hydraulics — Craig didn't flinch, he contacted his craftsmen.

Thirty-eight thousand dollars later, that cherry wood wonder was born.

"With home renovation the sky is the limit," said founder of the Amish Furniture Outlet. "Anything can happen with a plan and for a price."

When it comes to renovating a dowdy room, most homeowners have trouble getting past the starting line. Stewart shares a few choice tips on how to reignite your love affair with renovation.

CONSIDER THE COST

When renovating, it's all about how elaborate you want to get, said Stewart.

"Many rookies don't do enough research on the cost of their project," said Stewart. "A lot of times they wind up getting to the final stages and don't have enough money to finish."

When Stewart renovated his own basement and did the whole nine yards — flooring, walls, lighting — it cost about $20,000.

"With home renovation the sky is the limit. Anything can happen with a plan and for a price."

Amish Furniture Outlet founder Craig Stewart

GRAB YOUR TAPE MEASURE

Before stepping into any stores, homeowners should put together a scaled drawing of the room they'd like to renovate. Record all dimensions, and don't forget to include the location of doors and windows.

GET INSPIRED

It could be your grandmother's old Victorian dresser, or elaborate crown molding. If there is a particular style that catches your eye, work with it. Ask a consultant what they can do to help you mimic that design.

"Sometimes homeowners ask to match the style of an existing piece of furniture," said Stewart. "They might sift through magazines, or take a long walk through our display room because they have no clue what they want — and that's OK."

WHERE TO START

"Furniture is the last thing that goes into a room, but always the first thing you should plan for," said Stewart, adding that the last decision should be paint colour.

With paint colour, err on the side of caution. Often, wood will take on the hue of the room's colour. If your living room walls are painted burgundy, your newly purchased coffee table might pick up on the red.

BRING IN SAMPLES

If your current paint colour makes you happy, or sofa has some sentimental value attached, you don't have to let go. Gather some fabric swatches, floorboards or paint samples and ask a professional how you can incorporate those elements.

"Most stores have an on-site decorator customers can speak with for advice," said Stewart. "Designs can be reproduced. Anything that makes sense is possible."

PHOTO SUBMITTED

Seen here are some picks from Amish Furniture Outlet.

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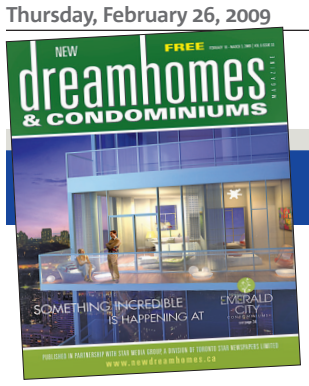

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New Homes

Don't take buying lightly

So a few of your friends have either bought a new condo downtown or have been talking about buying and you think it's about time you jumped on that bandwagon. You're not alone. Condos, especially in the downtown and North York areas have recently been built, bought and sold at a quicker pace than at any other time in history. Even in today's market, condos remain a very popular commodity. If you're thinking of buying, chances are you're feeling a little overwhelmed and unsure of where, or how, to start. Here's some no-nonsense, reality check advice that I hope gets you started on the right foot.

First of all, it's not enough that you're thinking about buying. Decide for yourself if you are going to buy or not. Many "buyers" are just exploring the idea but aren't actually serious about buying and so are putting themselves through some unnecessary stress. Would you swing by a car dealership one day and buy a new car on a whim? In fact, most people don't even go grocery shopping without a list. Your first step is determining if you're in love with the idea of buying, or if you're actually ready to buy.

This step involves checking your financial situation. Maybe you've decided you're serious but you need to verify if it's within your budget. I can tell you that buying is proving quite attractive these days, with plummeting interest rates and prices having dropped significantly across the GTA. Go and get that pre-approval.

The next step is deciding what you're looking for and where you want to buy. The aid of a professional in the field may prove to be necessary. Of course you can buy without expert advice but you might wish to consider what exactly you're deciding to do. When you're picking peaches at the market do you just throw them into the plastic bag or do you check for the good ones first? If you've ever gone through a flyer for the best price, or waited for an item to go on sale, then you agree doing your homework makes sense. If you're trying to save a few bucks on a jacket, or groceries, it only makes sense to apply that diligence to arguably the largest purchase of your life — a new home! Getting that Realtor means doing your homework. There's no cost to the buyer, as the seller is responsible for the Realtor's fees.

Once you've decided on the building/unit that's right for you, the question of the offer process comes up. If you've chosen your Realtor wisely, or done your homework well enough, you have nothing to worry about. Contrary to popular belief there is no formula for the initial offer price and no standard ratio for list price to actual sale price. Your most accurate source for price is past comparables.

Finally, the matter of cold feet. I'm here to tell you that it's perfectly natural and normal. The condos that sell before you make an offer seem like lost gold and the ones that sell for even a dollar less than you thought they would sell for seem like fool's gold. The reality is that every single buyer, of the hundreds I've dealt with, who get cold feet regret getting cold feet. So keep that in mind and hopefully it'll help you keep your feet warm.

Buying a new condo is a big decision and a large investment. Give it the respect it deserves, stay focused, get the necessary help. With anything so significant comes a little bit of stress, but if done properly you should have more than just a little bit of fun and quite a bit of success.

Happy Hunting!

Amit is a Realtor/Developer with Re/Max. amitp@rogers.com

If you've decided you're serious about buying a new home, you need to now verify whether or not it's within your budget.

New Homes

To learn more about new homes real estate, pick up your FREE copy of New dreamhomes & condominiums Magazine

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ADVERTISING FEATURE

'Home' work key in new-home shopping

Buying a home is a major decision for purchasers of any age. First-time buyers need the confidence a good builder can offer, and even experienced owners want to ensure that their decision is the right one at their current stage in life.

The best advice from the experts is "do your research." Choose a condominium that is in a convenient location for you and includes the amenities that will accommodate your leisure activities and lifestyle or introduce you to something new. Of course, make sure your builder has a proven track record with satisfied customers. The builder is your partner through the home-buying process, so look for an established company you can count on to build your new home with quality and one that will be there for you every step of the way.

Now under construction, CHICAGO Condominiums offers the perfect combination of all of these attributes. The Daniels Corporation is offering the first ten purchasers the ability to buy with just a five per cent deposit, and they'll receive $20,000 cash back on closing! This is sure to be a tremendous help to anyone wishing to buy a condominium in this fantastic community.

The best advice from the experts is "do your research." Choose a condominium that is in a convenient location for you and includes the amenities that will accommodate your leisure activities and lifestyle ... Make sure your builder has a proven track record with satisfied customers. The builder is your partner through the home-buying process.

CHICAGO is located in Mississauga's City Centre, only steps to a three-acre community park, Square One Shopping Centre, City Hall, and the Living Arts Centre. A bus shuttle will connect owners to a wealth of downtown amenities, and Highways 403 and 407, Mississauga's Transit and the GO are close by.

The sixth condominium in Daniels' City Centre, CHICAGO was named after its architectural influence — The Chicago School of Architecture. Daniels is a three-time winner of the Mississauga Urban Design Award of Excellence, and Chicago is Daniels' newest architectural triumph, bringing the 'Soul of Chicago to the heart of Mississauga.'

There will be retail venues on CHICAGO's ground floor, plus 24-hour concierge and a resident services director. Club 365 will offer 17,000 square feet of amenity space that includes a 6,000-square-foot outdoor terrace and 30-foot-high climbing wall. The Chicago Lounge will feature a catering kitchen, bar, billiards, card tables, wireless Internet capabilities, plus a state-of-the-art fitness studio, sports lounge and home theatre.

Peace of mind is also a benefit at CHICAGO. Daniels has earned the public's trust — "26 years and building strong." CEO John Daniels was one of the visionaries behind the creation of the "New Town" of Erin Mills before he founded The Daniels Corporation in 1982. Daniels began building homes and communities in this city over 26 years ago, and remains committed to helping people "Love Where They Live."

Available suites at CHICAGO include studio, one-bedroom (+ den) and two bedroom (+ den) suite designs ranging from 407 to 729 square feet priced from the $190,000s. If you dream of owning a home, visit this weekend and take advantage of Daniels' exciting new limited-time offer.

Remember, this fantastic promotion is only available for the first ten suites sold! So to avoid missing out on the rare opportunity to buy with only five per cent down and receive $20,000 cash back, attend the Open House Sale this weekend.

Daniels is the natural choice in Mississauga. After 26 years perfecting the delivery of topnotch quality and service, this builder understands homebuyers' needs. The CHICAGO Presentation Centre is located at 329 Burnhamthorpe Rd. W., on the north side, just west of Living Arts Drive. For hours and information, call 905-306-6996 or visit chicagocondos.ca.

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Joys of the homeowner

LegalMatters

Jeffrey D. Cowan

jeff@cowanandtaylor.com

Q I am soon to be a first-time homebuyer and I am anticipating my ownership eagerly. Is there any advice that you can give me?

A My first response to your question is congratulations and enjoy every moment of your new found freedom. A huge fraction of the population in most countries other than Canada never own their own home. It is a process towards economic freedom and pride in ownership of a place you can call home and potentially raise a family (if that is in your plans).

Home ownership is complex but let's break it down for you:

- 1. Mortgage — you probably have to borrow money to set yourself up in a new home but you should be aware that interest rates are the lowest they have been in years. If you have been attending to your FICO score (your credit rating) you can get some great variable rates that you can lock in at any time. The time is upon us to buy because the interest rates are at an all time low.
- 2. You should always have your new house inspected by a qualified home inspector so that you have no surprises after your first summer when all the drains freeze up.
- 3. You should be prepared to insure your house for fire and other pitfalls. Your bank will demand it and you will have the confidence that your asset is protected.
- 4. Treat your new home with love and care. It will balance you. It will assure you at the end of a long working day and it will partially characterize who you are and what you are working to be.
- 5. Use a real estate agent to help you find your new home. However maligned they may be by others, they are trained to find you a suitable nesting ground and your money is well spent on their expertise and advice.

Buying a home (especially for the first time) should be a joyful experience. But, expect small bumps along the way.

Jeffrey D. Cowan is the principal of Cowan & Taylor, Barristers & Solicitors, jeff@cowanandtaylor.com. The information contained in this article should not be relied upon as legal advice.

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Food

Long touted as a super food in Asian culture, mushrooms are becoming the focus of scientific studies exploring their health benefits.

Barb Holland/for Metro Canada

Munch on this

Fresh mushrooms contain antioxidants, cancer-fighting nutrients, both soluble and insoluble fibre, and are a good source of riboflavin and other minerals.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Get hungry for some fungi

À la carte

Barb Holland
Metro Food Writer

Locally grown and readily available year-round, we often take this all-season vegetable for granted.

According to Mushrooms Canada (mushrooms.ca), the total mushroom production in Canada is a staggering 105 million kg with Ontario producing about 57 per cent, B.C. 27 per cent, the Prairies 12 per cent and eastern Canada 4 per cent. Of that, about 25 per cent are exported to the US. White and brown (Crimini and Portabella) make up 90 per cent of the mushroom crop in Canada, the remaining 10 per cent are specialty mushrooms such as shiitake, oyster, King oyster and enoki.

Mushrooms vary in shape, size, texture and flavour and are much more than a pizza topping. They are low in fat and sodium and contain many important nutrients.

Asian Chicken Noodle Soup

This colourful and oh-so-healthy recipe, from Foodland Ontario, features Shitake mushrooms. Serve it when feeling a little under the weather or need an immune-enhancing boost. Provide garnishes of green onions, coriander leaves and kick-it-up chili garlic sauce to put in the bottom of deep soup bowls before ladling in soup. Serve with both a spoon and fork (or chopsticks if you're dexterous). Makes about 10 cups/2.5 L), 4 servings.

FOODLAND ONTARIO

Asian Chicken Noodle Soup — a bright, colourful recipe that also bursts with good health.

INGREDIENTS:
- 2 boneless, skinless chicken thighs, fat removed and thinly sliced
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tbsp (15 ml) minced fresh ginger
- 1 red pepper, cut into fine matchstick pieces
- 2 carrots, cut into fine matchstick pieces
- 2 cups (500 ml) thinly sliced Shitake or crimini mushrooms (remove stems from Shitakes)
- 3 oz (90 g) spaghetti, broken into 4ths (about 1 cup/250 ml) or other thin noodle
- 8 cups (2 l) chicken broth, preferably sodium reduced
- 2 tbsp (30 ml) soy sauce
- Garnishes:
- 6 green onions, thinly sliced on diagonal
- Fresh coriander leaves, about ½ cup (125 ml)
- Asian chili garlic sauce, about ⅓ cup (75 ml)

METHOD:
In a large saucepan, combine chicken, onion, garlic, ginger, pepper, carrots, mushrooms, noodles and chicken broth. Cover and bring to a boil over high heat. Reduce heat and simmer, covered, until chicken, vegetables and noodles are tender, 8 to 10 minutes. Remove any foam that forms on sides of pan during cooking with a rubber spatula. Remove soup from heat and stir in soy sauce. Place green onions, coriander leaves and chili garlic sauce in separate bowls. Let everyone put their choice of garnishes in their soup bowl. Ladle soup into bowls, adding more garnishes as desired.

Mushroom Tips:
- Choose firm mushrooms that are uniform in colour and free of blemishes. They should be moist and springy with no damp or wet spots. All varieties bruise easily, so handle with care.
- If buying packaged mushrooms, leave in the package as is, once opened, place in a paper bag.
- Just before using, wipe mushrooms with a lightly dampened paper towel, brush or lightly rinse, and use immediately.
- "Take" is Japanese for mushroom and "shii," a tree it likes to use as a host. Remove tough stems before cooking.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Riding the Recession

Meals for a steal

Korean Grill House
koreangrillhouse.com
Multiple locations: Yonge/Dundas (369 Yonge St.), Yonge/Bloor (754 Yonge St.), Queen/University (214 Queen St. W.), etc.
All-you-can-eat lunch menu costs $8.99 and dinner starts at $12.95.

If you want value, there's nothing like gorging on an endless rotation of meaty plates for around 10 bucks. The Korean Grill House always seems packed with patrons — for good reason. It's a festive, social experience (grill your own thinly sliced, seasoned meats) and its dark, glossy interior belies its budget reputation. But really, it all comes down to heaps of good food for barely any cash. They also offer regular lunch and dinner menu (still cheap) if five or six plates of food in one sitting embarasses you.

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LiquidAssets

Peter Rockwell
liquidassets@eastlink.ca

Thrifty thirst

Forget about country, region, producer or even grape variety; if my email inbox is any indication when it comes to wine, the only thing many of you are interested in during these turbulent times is something to sip on that doesn't drain what's left in your bank accounts.

Blame the economy. As it flounders in a sea of uncertainty even some of the uppity snobs I know (those that usually wouldn't dirty their glass with the likes of a simple quaffing wine) have taken to scanning liquor store shelves in hopes of finding a recession-friendly tipple. Most have discovered that South America is the liquid oasis for those as thrifty as they are thirsty.

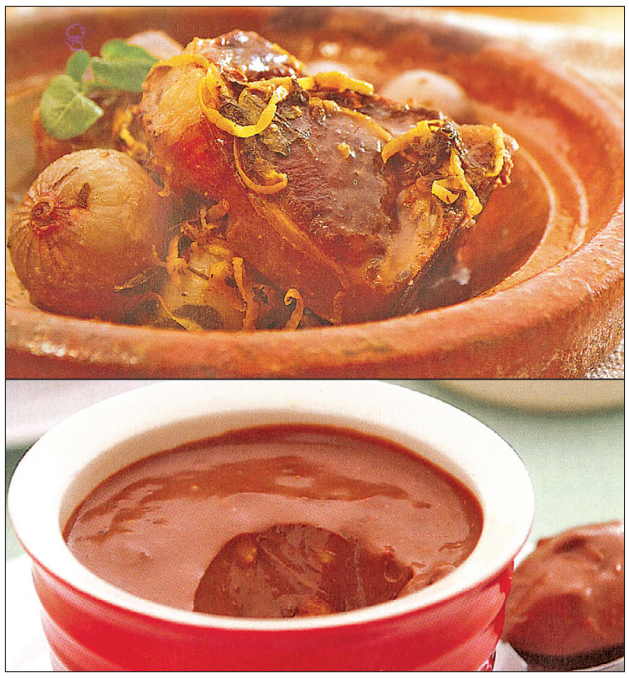
As the globe's fifth largest wine producer, value-priced juice is oozing out of Argentina — especially from its major players like **Bodegas Trapiche**. Its **Astica ($7.45 - $9.00)** line is a constant winner with both the **2007 Sauvignon Blanc Semillon** and **2007 Merlot Malbec** solid, food-friendly easy-drinkers.

When it comes to bang for your buck **Concha y Toro's 1500 ml Frontera ($14.95 - $17.56) Cabernet Sauvignon Merlot** and **Sauvignon Blanc** from neighbouring Chile are hard to beat if you're looking to trade down without sacrificing flavour.

Prices reflect the range across the country. Some products may not be available in all provinces.

Riding the **Recession**

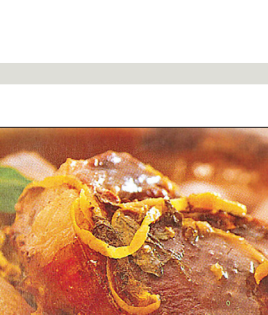
Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



Lamb Kleftiko, top, and Chocolate Hazelnut Pots.

Dinner and dessert in 10 ingredients

Get ready to create more than 330 meals using only five ingredients ... or less. Quick and easy to make, this new must-have cookbook by Reader's Digest Books is bursting with dishes over a massive 704 pages — from appetizers to main courses, and even desserts. Metro snagged these two simple recipes from Just 5 Things:



Lamb Kleftiko

In this classic Greek dish, the lamb is sealed in a baking dish and slowly baked until tender and succulent. There are many legends surrounding its invention. According to some, the Greeks learned to make it when they were fighting to free themselves from Ottoman rule.

Hidden in the mountains, Greek soldiers would place all the ingredients in a dish and bury it over hot embers in the ground. No enticing food smells would emerge to let the enemy know their position. This recipe serves 4.

INGREDIENTS:

- 8 lamb chops, cut about ½ inch (1.5 cm) thick
- 12 shallots, unpeeled
- 2 cups (500 ml) dry white wine
- Finely shredded zest and juice of 2 lemons
- 3 tablespoons fresh oregano leaves

METHOD:

Preheat the oven to 300ºF (150ºC/gas 2). Put all the ingredients in a large baking dish. Cover with aluminum foil. Bake for about 2 hours, until the lamb is tender.

Remove from the oven. Pour the liquid into a small saucepan. Bring to a boil over high head and cook until reduced by half. Arrange the lamb and shallots in individual serving bowls. Pour the cooking liquid into the bowls and serve hot.

Chocolate and Hazelnut Pots

Serves 4.

INGREDIENTS:

- 4 ounces (125 g) semisweet or dark chocolate
- ¾ cup (180 ml) heavy (double) cream
- ½ cup (50 g) roasted and coarsely chopped hazelnuts
- 1 teaspoon vanilla extract (essence)
- 1 cup (250 g) fresh strawberries, sliced

METHOD:

Melt the chocolate in a double boiler over barely simmering water. Transfer to a large bowl and let cool slightly. Use a large rubber spatula to mix the cream, hazelnuts, and vanilla into the melted chocolate. Pour the mixture evenly into four serving dishes.

Cover with plastic wrap (cling film) and chill for 15 minutes. Serve with the sliced strawberries.

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NEW NORDIC

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-Laura M., Sweden

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Laura M., Sweden

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SECOND HARVEST

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Forgot to bring your lunch? Don't worry, The Second City has you covered.

Simply purchase a ticket to any performance scheduled from now until July 31, 2009. For every ticket sold today, The Second City will donate $5 to Second Harvest. Our goal is to sell 2000 tickets which would enable us to donate up to $10,000 to Second Harvest!!!

The Second City's latest comedy revue opens March 11, 2009

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For more information about Second Harvest or other ways to donate today visit lunchmoneyday.com

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Island dreamin'

Turn that winter frown upside down

A taste of sunny Jamaica is good medicine for a cold, grey winter's day. Fragrant pineapple rings and white cake scented with lime upgrade this comfort-food favourite.

Adapted from Lucinda's Authentic Jamaican Kitchen by Lucinda Scala Quinn. You can cut rings from a fresh pineapple, but they are bigger and messier than the canned slices.

Fragrant pineapple rings and white cake scented with lime upgrade this comfort-food favourite.

Jamaican pineapple upside-down cake

Makes 8 to 10 servings.

INGREDIENTS:

- 1/4 cup (60 ml) unsalted butter
- 1/2 cup (125 ml) packed dark brown sugar
- 14 oz (400 mL) can pineapple slices
- 1/2 cup (125 ml) pecan halves
- 1-1/3 cups (315 ml) all-purpose flour
- 3/4 cup (180 ml) granulated sugar
- 2 tsp (10 ml) baking powder
- 1/2 tsp (2 ml) salt
- 3/4 cup (180 ml) whole milk
- 1/4 cup (60 ml) vegetable oil
- 1 large egg
- Finely grated zest of 1 lime
- 1 tbsp (15 ml) lime juice
- 1 tsp (5 ml) vanilla extract

METHOD:

Melt butter in 10-inch, cast-iron skillet on medium heat. Remove from burner. Sprinkle in brown sugar evenly. Arrange pineapple slices in pan. (Probably 7 of the 8 rings in the can.) Arrange pecans over top, especially in spaces around pineapple rings.

In large bowl, whisk together flour, granulated sugar, baking powder and salt. Add milk and oil. Beat with electric mixer on medium speed 1 minute. Scrape bowl. Add egg, zest, juice and vanilla. Beat just until well combined.

Pour batter evenly over pineapple in pan. Bake in preheated 350F oven until tester inserted into centre of cake comes out clean and top of cake is golden, 25 to 30 minutes. Let sit 5 minutes. Carefully invert onto circular platter. Eat warm or at room temperature.

TORSTAR NEWS SERVICE

KEITH BEATY/TORSTAR NEWS SERVICE

Economy Cake was a dessert that was resurrected during the Great Depression and found its way to many a Toronto table.

Cake for the working class

If there was one thing that the First World War taught Canadian cooks, it was how to be frugal.

With water as one of its prime ingredients, Economy Cake was a dessert that was resurrected during the Great Depression and found its way to many a Toronto table. The baker needed no eggs and no milk, and some versions even omitted butter and used only lard.

Economy cake

Also known as Poverty Cake, Poor Man's Cake or — a favourite — Mom's Minus Cake, this costs pennies to make and tastes pretty good. Adapted from How We Do It, Budget-Designed Recipes from the 1930's, a collection of recipes gathered from Montreal homemakers.

INGREDIENTS:

- 1/2 lb (226 g) raisins
- 1 cup (250 ml) brown sugar
- 1 cup (250 ml) cold water
- 1-1/2 tbsp (7 ml) each: butter, lard
- 1-1/2 tsp (7 ml) cinnamon
- 1-1/2 tsp (7 ml) salt
- 1-1/2 cups (375 ml) all-purpose flour
- 1/2 tsp (2 ml) baking soda

Riding the Recession

METHOD:

Bring first seven ingredients to boil on high heat in medium pot; reduce heat to medium-low and simmer 15 minutes. Cool.

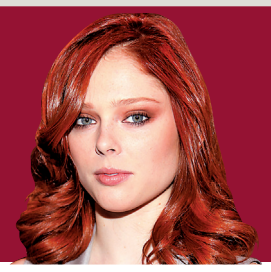
Sift flour and baking soda together. Add to raisin mixture; mix well.

Bake in a greased 9-inch cake pan in 325F oven for 30 to 40 minutes, until cake tester inserted in middle comes out clean.

TORSTAR NEWS SERVICE

The perfect fit
Now until March 1, New Balance Toronto is offering customers $20 off any new pair of shoes in the store when they donate a pair of gently worn shoes. The donated shoes go to homeless street youth in Toronto. METRO NEWS SERVICE

Style



Coco steps into interviewer role

That Coco Rocha is one smart cookie. The flame-haired 20-year-old Canadian model, who has been tearing up the runways and is a fixture in major fashion magazines, has taken a break from strutting the catwalk this week. Instead, mike in hand and trailing a camera crew, Rocha has been seen conducting television interviews. She is producing an hour-long show on models for E! It's never too soon for a model to start diversifying her career – especially in this tumultuous economy. TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Positively fashionable

London Fashion Week collections showcased a stream of optimism

KENYA HUNT
Metro World News

It began in New York with neon bright colors and boldly glamorous looks, but London kicked the fall 2009 fashion week season's defiantly upbeat energy up a notch.

The city's shorter (only four days long) week had an electric, dare we say, celebratory vibe to it that made a great antidote to increasingly dismal financial headlines. "I've had some really great nights out this week. People are really happy and high-spirited and it makes the fashion stronger," says Markus Lupfer, the designer behind Armand Basi One.

Meanwhile, Osman Yousefzada jokes, "What recession?" John Rocha, who has weathered several economic downturns says that he's feeling more optimistic about the new Obama administration. But Lupfer attributes London Fashion Week's strong note to the fact that its designers already know how to wow on little funds. "London's fashion market isn't as big business as it is in New York, Paris, or even Milan. We've always had less money. It's nothing new to have no money and to find a new way to do a collection without spending millions," he adds.

Here are some highlights from the past week:

London Fashion Week's fall 2009 collections offered bold, glamourous looks like designer Jenny Packham's bright gowns, left, and Osman Yoursefzada's futuristic fabrics.

"People are really happy and high-spirited and it makes the fashion stronger."
Markus Lupfer, designer behind Armand Basi One

OSMAN YOUSEFZADA

The designer sought inspiration from Blade Runner, which surfaced in the collection's futurist undertones. Standouts were his clean, minimalist dresses such as a beige long-sleeve dress with a pleated skirt. His trousers, which usually came high-waisted, cropped with wide-legs, were a bit of a harder sell.

ARMAND BASI ONE

Plays on volume in a monotone palette of black and gray were the dominant ideas here from billowing button-down shirts with dolman sleeves and the lowest drop-crotch harem pants. Mix in high waist lines, architectural shapes and broad shoulders and you've got a challenging collection to say the least. But one doesn't come to London for the "sellable."

TOPSHOP UNIQUE

The British mega-high street chain left spring's obsession with the '80s behind in favor of a more futuristic sci-fi approach for its in-house label. Led by head designer Karen Bonser, the Unique team's vision of the future looks more Blade Runner meets Mad Max than Tron. That meant a lot of volume (oversized shaggy coats, massive knit sweaters and ginormous scarves) and even more layering (a draped dress worn over a long sleeve tee with above-the-elbow gloves, over baggy sequined pants, for instance.) On the one hand, the Blade Runner brand of eccentricity seemed fresh (the idea of looking forward is a nice one in this climate) and British to the core. But on the other, it seemed heavy and unflattering for such a mainstream, high street brand (I can't see many girls pulling off those shaggy coats and dresses). I'm curious to see how it performs Stateside when Topshop finally crosses the Atlantic in April.

AQUASCUTUM

The 155-year-old classic British brand continued fall's obsession with fur, using it as shoulder accents on sophisticated coats and dresses. The color red, another big idea for the season, surfaced later in the show with a houndstooth suit, dresses and separates that will probably appeal more to twenty- and thirtysomethings.

LUELLA BARTLEY

Bob Geldof and daughter Peaches sat front row while her sister Pixie walked the runway in a flirty, punky strapless number worn over a textured long sleeve Tee. The celebrity cameo aside, the real standouts came in a series of more tailored looks in chocolate brown, metallic gold and black such as an easy, A-line skirt paired with a navy cardigan featuring Luella's trademark polka dots.

PHOTOS ON THIS PAGE: GETTY IMAGES

London Fashion Week kicked off last Friday with no sign of the recession in sight. The Luella Bartley 2009 fall collection, left, featured well-tailored looks like this metallic gold A-line skirt paired with a navy cardigan and Luella's trademark polka dots.

Trends from Fashion Week in London

KENYA HUNT
Metro World News

Futurism:
Topshop Unique, Osman Yousefzada (pictured)

A return to the '80s:
Armand Basi One (pictured), PPQ.

Bright colors:
Nicole Farhi, House of Holland (pictured), Charles Anastase, Kinder Aggugini.

Bold stripes and plaids:
Christopher Kane, PPQ, Vivienne Westwood (pictured), Nicole Farhi

Basso & Brooke's eye-catching designs

Designer Basso & Brooke lit up the catwalk at London's Victoria House this week with bright colours, eclectic patterns and eye-catching prints, while John Rocha went for a more conservative look with clean black dresses accented with collars and fur headpieces. THE ASSOCIATED PRESS

Prep school gets sexy

Vivienne Westwood show is sign of female solidarity

Trust punk priestess Vivienne Westwood to turn London Fashion Week upside down.

The orange-haired fashion phenomenon thrilled a star-studded audience Saturday night with a new collection featuring a sexy take on the traditional English prep school outfit.

To top it off, she cast Jo Wood — the estranged wife of Rolling Stones guitarist Ronnie Wood — as a beautiful, naughty-looking school principal, dressed in cleavage-baring outfits that brought down the house.

It was seen as a sign of female solidarity between Westwood, who burst on the scene in the 1970s at the start of the punk movement, and Wood, whose husband recently left her for a much younger woman.

"It was very Vivienne," said Erin O'Connor, the tall, dark-haired model who is vice-chairman of the British Fashion Council. "You never know what to expect with Vivienne, and that's the great joy in it. She's all about women, and that's very positive in this day and age. It was great to see it from the front row."

O'Connor said it was a "brilliant" touch for Westwood to use Jo Wood as a major figure in a show that otherwise consisted of much younger models.

It was a triumphant return to the catwalk for Wood, who had a career as a model before she raised a family.

Singer Kanye West sat in the front row, drawing more attention from photographers than any of the models or fashion figures.

"I loved it," he said afterward. "Particularly the boots. I like the military-style boots."

Westwood received a standing ovation and seemed to bask in the attention.

THE ASSOCIATED PRESS

GETTY PHOTOS

Vivienne Westwood's sexy take on the prep school outfit. Guest model Jo Wood, right, was portrayed as the naughty principal.

Find fashion capitals' real personality in the details

Forget the clothes, the real local personality of each city's street style lies in the accessories:

MILAN

Arm candy: The classic Louis Vuitton monogrammed canvas seems to be the popular way to accessorize that glam Milanese style. We've seen variations of the LV bag on gray-haired ladies who lunch, teenage trust fund babies and seasoned fashion types alike.

The wheels: Italy is home to some of the best bicycle brands in the world including Bianchi and Cinelli, to name a few. That said, don't even think about taking to the streets without a sleek ride, preferrably with a straw basket.

The toes know: While the idea of rocking stilettos on a cobblestone street would make most women balk, the Milanese do it with true skill. Not to say their feet don't kill them afterward. They just hide the pain well.

PARIS

Arm candy: Status bags are still having a moment in Par-ee. But all Balenciagas satchels aside, the real must-have accessory to keep dangling from the crook of your arm is a motorbike helmet. Nothing screams rock 'n' roll chic like this. Added bonus: when you put the helmet on for a ride and then take it off, you've got that effortlessly cool Parisian bed head thing going.

The wheels: Motorbikes, duh. See the section above.

The toes know:

Brogues are still as big as ever. And no one works them in as many ways as the French do — with skinny jeans, floaty dresses, jumpsuits and harem pants, the list goes on.

KENYA HUNT/ METRO WORLD NEWS

Kenya's**Style**

Kenya Hunt

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A touch of femininity
A fresh daytime scent that includes a touch of orange and coriander, Lacoste's Love of Pink for women exudes a playful statement. It is available for $72 (50ml) at selected Bay, Sears, Shoppers Drug Mart/Pharmaprix and Lacoste boutiques. METRO NEWS SERVICES

Oscar 'dos made easy

Tips on re-creating the red carpet's best hairstyle looks

Anyone who admired the fashion and beauty at the 81st Academy Awards earlier this week may have noticed a return to elegance and glamour, reminiscent of old Hollywood.

This was especially evident in hair styles, says Terry Ritcey, Redken Canada's director of education and events.

This year there was a feeling of retro, of Hollywood starlets, he says, adding that there were more up 'dos and pulled back looks on the red carpet than ever before.

"This was a great year for hair at the Oscars," he says. "Hollywood's sophistication and glamour came through. There were few missteps and the hair styles complimented the dresses creating an overall effect of elegance."

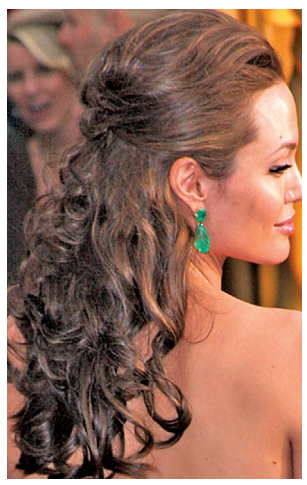
For best hair, Ritcey thinks it was a tie between Kate Winslet and Angelina Jolie.

"Kate's sculpted look was a perfect balance to the refined Yves St. Laurent dress which allowed her hair, and her minimalist jewellery to complete the overall look of glamour," he explains. "Angelina's Elie Saab dress was the perfect match to her flowing waves and pulled back softness — providing a wonderful frame for her face, and a canvas for her jewellery."

Another 'do that caught Ritcey's eye was Evan Rachel Wood's '40s-inspired wave and set curl. He suggests this for a unique look, but warns that you should always take into consideration the dress when deciding the hair style. "It's important to find balance."

Meanwhile, the worst hair award goes to Jessica Biel. "The softness she was trying to achieve perhaps went a bit flat," says Ritcey.

For anyone looking to recreate some of this year's best red carpet hair styles, Redken offers these tips:



Winning styles: Taraji P. Henson's (left) sleek, sophisticated bob and Angelina Jolie's (right) half-up soft, textured loose curls.

GETTY IMAGES

Kate Winslet's up swept red carpet 'do which cascaded into a low sculpture around the nap was very reminiscent of old Hollywood.

Kate Winslet: Up swept and away from the face with volume blending into a low sculpture in the nape area.

Lightly back comb to create fullness on top of head and move into a low nape forming sculpture using finishing spray to lock in a firm finish.

Anne Hathaway: Side swept elegant low chignon with volume.

Blow dry hair with straightening balm for a sleek silky finish. Pin into a low ponytail, lightly tease for volume and pin into a loose chignon. Maximizing the volume of the chignon. Finish with super strength finishing spray for a frizz free, lasting finish.

Penelope Cruz: Sleek elegant up-do with face framing fringe.

Blow dry hair with blow-dry lotion. Pin hair up in a secure up-do creating smoothness and volume in the back area of the head, maximizing volume and fullness. Finish with shine spray for a lightweight glam finish.

Angelina Jolie: Elegant half-up away from the face style with soft texture.

Use a heat-active texturizer to create texture and definition. Pin hair up and away from the face leaving half of the hair down. Spray hair with ironing spray. Curl with large barrel curling iron to create long lasting memory and texture.

Taraji P. Henson: Side swept, face framing bob with sleek volume.

Blow dry hair with volume spray foam for flexible fullness and bold style. Spray on straightening spray and follow with a flat iron for silky shiny straightness. METRO NEWS SERVICES

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Twilight hits stores on March 21

The DVD of the hit film Twilight will arrive in stores on March 21. The DVD will include extended scenes, audio commentary by director Catherine Hardwicke, Kristen Stewart and Robert Pattinson, plus music videos from Muse, Paramore and Linkin Park. **METRO NEWS SERVICES**

Entertainment

Ladies turn Page

Steven Page has left The Barenaked Ladies after more than 20 years. Page is parting company with the remaining in order to pursue solo projects. MSN.COM

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Masterful return of K'naan

K'naan

Album: Troubadour
Label: A&M/Universal
Rating: ●●●●½

IF THERE'S ANY doubt about which North American country can lay claim to having the best rappers around, just listen to K'naan's new record and you'll see that Canada wins. Somalia-born, Toronto-based wordsmith Kanaan Warsame's sophomore effort delivers a masterful record of rap, rock, reggae and everything in between. It's loaded with contagious hooks (I Come Prepared), anthemic arena-ready hip-hop (ABCs) and even a scorching guitar solo by Metallica's Kirk Hammett on If Rap Gets Jealous. With such a strong follow-up effort such as this, it's only a matter of time until the U.S. hands Canada the hip-hop crown.

Bryan Borzykowski/for Metro Canada

Music**Reviews**

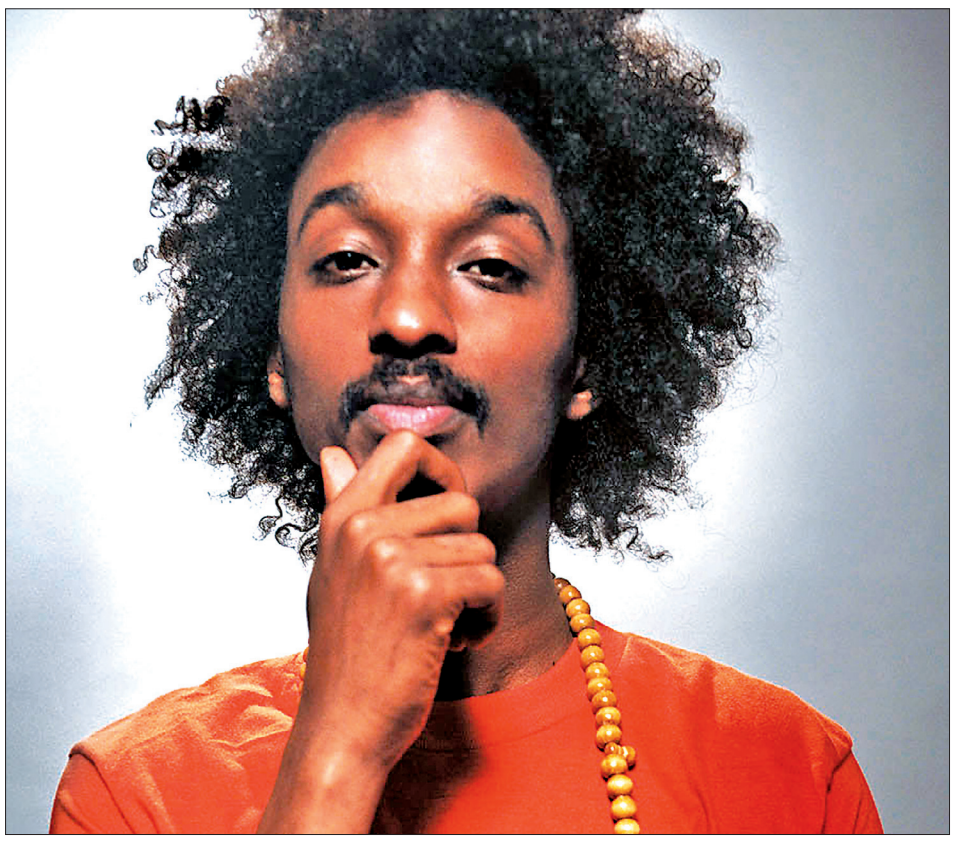
music@metronews.ca

DD/MM/YYYY

Album: Black Square
Label: We Are Busy Bodies
Rating: ●●●½

TORONTO'S DD/MM/YYYY MIGHT have turned some people off with their rambling sophomore disc Are They Masks?, but hopefully those disillusioned fans will give these guys another chance. Their latest is nearly as wacky and experimental as previous efforts, but it's more grounded in actual songwriting. That's not to say there are standard choruses and verses, but each song does have an accessible theme that anyone can follow. Fortunately, the group continues to blast as much noise as possible, with fast fingered riffs and blazing synths leading the way. Easily one of the best experimental noise records this year.

Bryan Borzykowski/for Metro Canada



K'naan's sophomore album delivers a masterful record of rap, rock, reggae and everything in between.

Bell **X1**

Album: Blue Lights on the Runway **Label:** Yep Roc/Outside
Rating: ●●½

IT'S HARD TO understand why Irish trio Bell X1 have a diehard following. Their middling rock calls to mind a less mainstream Coldplay or a Radiohead without all the good stuff. Their new disc is definitely an improvement over the banal Flock, but it's not much better. Sweeping electro sounds, high pitched vocals and a mundane keyboard jam on Amelia offer nothing new to Brit-obsessed music fans. They're definitely better and more indie sounding than the Fray or even Chris Martin and co., but that's not saying much.

Bryan Borzykowski/for Metro Canada

The Road **Hammers**

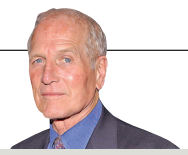
Album: Road Hammers II
Label: Open Road/Universal
Rating: ●●●

IT'S NO SECRET that the Road Hammers are the best country rock band in Canada. Their blend of outlaw trucker rock can admittedly sound contrived, but you can get overly cynical about such things. Nobody in their wildest dreams could have imagined how well traditionalist McCoy would sound with guitar rocker Clayton Bellamy. Throw in a near-metal rhythm section and you've got a winning combination. This may have started out as a side project for McCoy but it's turned into his bread and butter. A second album was inevitable. It sticks to the same successful road map and band cohesion pushes it a notch above the first.

Graham Rockingham/for Metro Canada

U.S. lawmakers honour Paul Newman

Paul Newman, the late actor and 10-time Academy Award nominee, has been honoured by U.S. lawmakers as a screen legend and humanitarian. Newman died Sept. 26, 2008, at age 83 after a long battle with cancer. THE ASSOCIATED PRESS



Gentleman **Reg**

Album: Jet Black
Label: Arts & Crafts
Rating: ⊕⊕⊕

THE UBER-COOL folks at Toronto's Arts and Crafts got themselves a hipster with pedigree when they signed Gentleman Reg (a.k.a. Reg Vermue). He's been a regular with art-pop squad, The Hidden Cameras, and has strong ties to indie rock stars The Constantines. On Jet Black, Reg delivers his most accessible music yet. The album starts out strong with the thumping T-Rexish rock of Coastline sweeping into the uptempo beat and ornamental guitars of To Some It Comes Easy. How can you go wrong with a chorus of "in time I'm going to drink myself into a nursery rhyme?" Reg delivers the knockout punch on track three, playfully partying down with You Can't Get It Back. After that, however, the album proves uneven, at best, with Reg's lisping vocal delivery keeping him firmly on the fringe. At times, it can be alluring. At others, simply annoying.

Graham Rockingham/for Metro Canada

Howie **Beck**

Album: How To Fall Down in Public
Label: 13 Clouds/Fontana North
Rating: ⊕⊕⊕⊕

IT'S BEEN FIVE long years since we've heard from one of Canada's best kept musical secrets. Hopefully, How To Fall Down In Public, Beck's fourth solo effort, will give him the recognition he deserves in his own country. It's filled with nine restrained, but exquisitely crafted compositions, running the gamut from the pop-rock to country-folk to piano lounge. There's a little bit of The Beatles, Springsteen and maybe even Randy Newman thrown into the influence mix, but mostly, it's all Beck with a couple of backing voices to help him out — Sarah Harmer and Leslie Feist. Melody is a hugely underappreciated commodity in the Canadian indie scene. Maybe people should start coming around to Howie Beck's store. He's got plenty.

Graham Rockingham/for Metro Canada

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Net returns for English language

Web plays key role in determining new words

Will "drunkle" catch on as the best way to describe a relative who overindulges at family parties?

And will people start using the term "earthonomics" to describe the financial impact of ecological products?

New words and phrases have often emerged from popular movies, books and TV shows — think of "regifter" or "close-talker" from the "Seinfeld" series. But now, thanks to the Internet, a new word can emerge faster than you can say metrosexual or McJob.

Sites such as Urban Dictionary (urbandictionary.com) and Addictionary (addictionary.org) engage visitors in a continuous attempt to expand the English language. New words are sought for certain items or situations, and people submit suggestions. Other people then vote on whether they approve of the words.

"It's coming from the bottom up, not the top-down, and that's just the age of the Internet."
Jim Banister

Example: What is the feeling one gets after running a marathon with nothing to eat or drink? Some suggestions on Addictionary: "endorfaint" and "cameled."

According to a language expert at the University of Manitoba, this type of grassroots language development is healthy.

The web opens up "a more democratic space" for the general population to decide the validity of words, says Jennifer Clary-Lemon, an assistant English professor who specializes in the use of language in everyday talk and the news media. "It speeds up those kind of processes in ways that were once really impossible."

Most new words, of course, are destined for the trash bin. Words or phrases can only survive if they are widely adopted, and that's where the ever-growing reach of the Internet can play a key role.

Within days of the miraculous landing of a U.S. Airways plane in New York's Hudson River — a landing that all passengers and crew survived — the phrase "Land it in the Hudson" started popping up on blogs to describe any type of heroic effort.

"It's coming from the bottom up, not the top-down, and that's just the age of the Internet," said Jim Banister, chief executive officer of Utah-based SpectrumDNA, which runs Addictionary.

THE CANADIAN PRESS

Killers countersue former manager

MUSIC The Killers are countersuing a former manager in Nevada, where the two sides seek millions of dollars from each other over breach-of-contract allegations.

In the most recent filing, lawyers for the Las Vegas-based group accuse Braden Merrick of "double-dealing" in representing the band after it burst on the music scene.

Lawyers for the band allege "Merrick was an incompetent manager who abandoned his clients."

Senator pressures Ticketmaster

TICKETS U.S. Sen. Charles Schumer urged Ticketmaster to sell off its TicketsNow resale subsidiary that was at the core of an uproar over Bruce Springsteen concert tickets.

Schumer, speaking at an antitrust hearing on Ticketmaster's proposed merger with promoter Live Nation Inc., accused Ticketmaster of redirecting Springsteen fans to higher priced tickets on TicketsNow, despite cheaper tickets being available on the main site.

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Hudson turns to gospel

Jennifer Hudson seems to be turning her back on her pop music roots as she sets her sights on recording a gospel album, reports MediaTakeOut. FEMALEFIRST.CO.UK

Gentleman in Black

Toronto artist gets his groove on in new album

BRYAN BORZYKOWSKI
for Metro Canada

If you're new to indie rock it's likely that you haven't heard of Gentleman Reg. That's not because the Toronto-based singer-songwriter isn't any good, it's just taken him five years to release a new album.

"There are so many reasons," says Reg Vermue, about why he hasn't put out a new disc since 2004's Darby & Joan. "A main one was the dissolving of my old record label, Three Gut Records. That was a biggie."

Just because his label disbanded, didn't mean Vermue threw in the towel. He was forced to work the disc himself for more than a year, and when he finally sat down to record a record more problems arose.

"The actual process of making the album didn't take that long," he says. "Like everything else, it was the business. There were band lineup changes and I went through three managers."

Luckily, Vermue — whose specialty is delicate indie pop — not only created the best album of his career with Jet Black, but he landed on Arts & Crafts, the venerable Toronto-based label that's home to Feist and Broken Social Scene.

" (Unlike on other albums) I wanted what was best for the songs and let go of my ego."
Reg Vermue

"Arts& Crafts and I have always flirted with each other and I've sung with Broken Social Scene a bunch of times," says Vermue, explaining why he signed to the label.

"And Kevin Drew (BSS singer and label co-owner) has always been a huge fan and supporter. So it was just very natural for me to give this record to them."

What A&C got isn't the usual Gentleman Reg fare. Instead of light poppy numbers Vermue turned up his amp and churned out a bevy of hook-filled rockers. The most memorable tune is We're in a Thunderstorm, an odd, but unbelievably infectious chillout dance club track.

"The music is definitely more experimental and playful," he says. "(Unlike on other albums) I wanted what was best for the songs and let go of my ego. I was open to admitting that maybe making the song a minute shorter is better for a pop song."

As for the dance track, Gentleman Reg says that's from a recording session with I Am Robot's Shaw-Han Liem. The two created an album's worth of experimental club numbers, but Vermue decided to include We're in a Thunderstorm on Jet Black rather than this chillout disc that may or may not see the light of day.

"I wanted something really exciting, a little spark," says Vermue. "I went through all my dance stuff thinking I was insane to think about it, but I found that one song that's the least dancy of all the stuff I recorded."

So now that his record is complete and his music has found a new home, Vermue must be feeling pretty content, right? Not so much.

"I don't feel settled. There's a lot of stuff going on right now. And I think being too comfortable is not necessarily a good thing, that would make me lazy, and it has the past."

Gentleman Reg is back with new album Jet Black, his first since 2004's Darby & Joan.

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Gay Asians upset over blipped Oscar speeches

MOVIES Gay Asians voiced indignation Wednesday after television broadcasts of the Academy Awards in their region censored the words "gay'' and "lesbian'' in speeches that called for equal rights for homosexuals.

The speeches by actor Sean Penn and writer Dustin Lance Black — who won Oscars for their work in Milk — were shown in full during live broadcasts of the Oscars that were screened across Asia on Monday morning. But viewers who caught recorded telecasts in the evening on STAR, an Asian satellite TV service that says it reaches more than 300 million viewers in 53 countries, noticed that the sound was removed whenever both men mentioned "gay'' or "lesbian.''

"As a gay man, I am truly offended,'' Pang Khee Teik, a prominent Malaysian arts commentator, wrote in a letter sent out to several media organizations. "Stop censoring the words that describe who I am.''

Pang said the move "sent a message ... that gays and lesbians are still shameful things to be censored from the public's ears.''

GETTY IMAGES PHOTO

Sean Penn speaks after receiving his Oscar Sunday night for best actor in Milk at the Kodak Theatre in Los Angeles.

Users of Internet forums in Singapore and India also complained about the censored speeches.

Jannie Poon, STAR's Hong Kong-based spokeswoman, stressed that the company had no intention of upsetting any viewers, but said it has "a responsibility to take the sensitivities and guidelines of all our markets into consideration.''

Viewers first noticed that the words were silenced when Black offered a tribute to slain American gay-rights pioneer Harvey Milk while accepting the Oscar for best original screenplay for Milk.

THE ASSOCIATED PRESS

Elton to perform in Laramie again

CONCERT Elton John is returning to Laramie, Wyo., a decade after he performed at a memorial show for a gay university student who was tied to a fence and beaten to death.

Elton John announced Tuesday he will perform April 3 at the Arena-Auditorium on the University of Wyoming campus.

Proceeds will benefit the Matthew Shepard Foundation, named in honour of the University of Wyoming student whose beating death sparked international headlines for its brutality.

John told the audience at the show 10 years ago the United States is a big country and should have enough room for all people.

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Ex-SNL member Lovitz to perform in Toronto
Former Saturday Night Live cast member Jon Lovitz will perform at the Royal Alexander Theatre on Sunday, March 22, at 7 p.m. Tickets are $41 and $52 and are available at ticketking.com or by calling 416-872-1212. METRO NEWS SERVICES

Fallon's Night dawns

Former SNL star putting own stamp on O'Brien's spot

After a bullish staff meeting (which ended with a cheer) and before a wardrobe fitting (strictly suit-and-tie), Jimmy Fallon took time to marvel at how busy he is these days.

"The busiest I've ever been in my life,'' he tells a visitor to the new Late Night with Jimmy Fallon offices at NBC.

"It's SNL times three. Times five. Times 10!'' says the former Saturday Night Live cast member who, come Monday, will claim the weeknight 12:30 a.m. slot chartered in 1982 by David Letterman, then, in 1993, bequeathed to Conan O'Brien.

As Fallon speaks, he seems to hover more than settle in his chair in his seventh-floor corner office. Happily wired, he notes with amazement that, with so much to do, it's almost noon — "and the next thing you know it's midnight and you go, 'I hope my wife's not mad.'''

GETTY IMAGES PHOTO

Former Saturday Night Live regular Jimmy Fallon will claim the weeknight 12:30 a.m. slot on NBC come Monday.

As if anyone could be mad at Jimmy Fallon! At age 34, he's puppy-dog enthusiastic, funny and cool in an unassuming way. It's an engaging blend that kept viewers tickled for six seasons on SNL, where he scored with impressions of Jerry Seinfeld, John Travolta and Justin Timberlake, and created recurring characters like Nick Burns, the know-it-all tech-support guy. He has appeared in films including Almost Famous, Taxi and Fever Pitch.

Then, last spring, Fallon was tapped by Late Night executive producer Lorne Michaels (his former SNL boss) to return to the halls of 30 Rock, this time as host of his own show.

Now Fallon is clearly putting his stamp on the venerable Late Night franchise. His house band is the acclaimed hip-hop group The Roots. Running the show is veteran SNL producer Michael Shoemaker, who handled Weekend Update when Fallon was co-anchoring. And to help connect the show to a cyber-savvy public, Late Night's' co-producer is Gavin Purcell, who ran Attack of the Show, the daily Net-centric news hour on cable's G4 channel.

THE ASSOCIATED PRESS

YouTube style

- In the spirit of the YouTube age, Late Night writers will shoot their comedy pieces themselves ("they can use me if they want, or not, but I'm available," says Fallon).

Amazing Race host to bike across U.S.

The Amazing Race host Phil Keoghan is getting ready for an amazing ride: A multitasking bicycle trip across America.

Keoghan said he's cycling cross-country to encourage people to pursue a healthy life. He also intends to spotlight the battle against multiple sclerosis, a cause he's supported for several years.

Keoghan will set off from Los Angeles on March 28 and end in New York on May 9 — the day before the Amazing Race season finale airs on CBS, the network said yesterday.

He plans to average 100 miles a day, and said he hopes people will join in as he passes through their area.

Keoghan

"I feel like where we're at in the economy, the bicycle is a pretty good solution to helping people's waistlines, wallets and the environment,'' Keoghan said.

"This is saying to people, look, it's time to make a choice in your life. We have way too much obesity and way too many people sitting back and not getting involved in life,'' he said.

THE ASSOCIATED PRESS

Entertainment in brief

NETWORK The CBC expects serious funding shortfalls in the upcoming fiscal year and is looking to the federal government for financial help. CBC spokesman Jeff Keay says the public broadcaster wants Ottawa to provide immediate relief for a budgetary shortfall expected in 2009-210 but he dismissed suggestions that bridge financing would amount to a handout.

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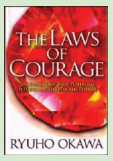

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Wedding's off
Actors Megan Fox and Brian Austin Green have ended their engagement, a source confirms to People. METRO NEWS SERVICES

Stewart roasts Obama's flying visit to Canada

The Daily Show' may have been in re-runs last week, but host Jon Stewart didn't let U.S. President Barack Obama's visit to Canada escape his sights.

On Tuesday night's show, the American comedian devoted about two minutes of his opening bit to Obama's wildly successful visit to Ottawa last Thursday.

Stewart posed the question why did Obama go to Canada before showing a clip of Obama almost saying "Iowa" when he meant to say "it is a great pleasure to be here in Ottawa."

Stewart quipped that Obama went to Canada for his first foreign trip as president because he can "mess up" here, calling Canada the diplomatic equivalent of a pre-season game.

The Daily Show also aired a clip of Obama signing the visitors book on Parliament Hill, to which Stewart asked "Canada has world leaders sign their guest book? Are you a country or a bed and breakfast? No disrespect."

TOM HANSON/THE CANADIAN PRESS

Prime Minister Stephen Harper, left, and Senate Speaker Noel Kinsella watch as U.S. President Barack Obama signs the guest book on Parliament Hill.

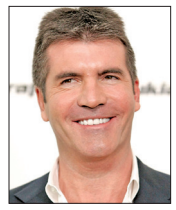
Stewart also poked fun at the fact that Obama spent only seven hours on Canadian soil, saying that on the show's How Long Americans Stay in Canada Scale, the president's first diplomatic trip ranks above a firecracker prescription drug run and just below an underage Montreal bachelor party.

Obama said when he was in Ottawa on Thursday that he came to Canada on his first trip as president to underscore the closeness and the importance of the relationship between Canada and the United States. THE CANADIAN PRESS

"Canada has world leaders sign their guest book? Are you a country or a bed and breakfast? No disrespect."
Jon Stewart

Simon denies post-death freezing plan

RUMOURS A spokeswoman for Simon Cowell says reports that the American Idol judge wants to be frozen after death are greatly exaggerated. Cowell was making a tongue-in-cheek remark at a dinner in London two weeks ago with British Prime Minister Gordon Brown and other guests, spokeswoman Lisa Dallos said. But the cryogenics comment that Dallos said was meant as a joke was trumpeted in a number of news reports as a serious plan by Cowell, a music industry executive and TV producer.


THE ASSOCIATED PRESS

Simon Cowell

New York Post sacks Liz Smith

CELEB GOSSIP The New York Post is parting ways with legendary gossip columnist Liz Smith. The syndicated gossip columnist says the Post declined to renew her $125,000 US annual contract because of economic woes. Smith, 86, says she's had a column published in a New York City newspaper for the past 33 years. Her column had also been published in Newsday until 2005.

Smith said she's sorry "that I wasn't valuable enough for them to keep on."

THE ASSOCIATED PRESS

Liz Smith

ABC scores with Oscar ratings

TELEVISION Stars and would-be stars dominated the prime-time landscape. The annual Academy Awards presentation drew 36.3 million viewers to ABC Sunday night.

It was the most-watched entertainment program on television in two years and a rebound of four million viewers from last year's least popular Oscars ever. Fans tuned up for the Oscars by gawking at gowns and tuxes on ABC's red carpet special, which was seen by 24.4 million people, Nielsen Media Research said.

THE ASSOCIATED PRESS

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TO 2/26/09	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	265	353	2 TVO	e2	e2	The Agenda With Steve Paikin		Blackpool Ripley is linked.		Masterworks		Agenda-Paikin
	211	331	3 GTV	ET Canada	Entertainment	Survivor: Tocantins (N)		The Office	Kink in Hair	The Unit (N)		News (N)
	215	343	4 OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6 CBC	Coronation St.	Jeopardy! (N)	Doc Zone A man searches for his biological father. (N)				CBC News: The National		The Hour
	214	344	7 CITY	Law & Order: SVU		Ugly Betty (N)		30 Rock	30 Rock	Hell's Kitchen (PA) (N)		News (N)
	212	313	8 CTV	etalk	Hollywood	American Idol		CSI: Crime Scene Invstgtn.		ER "T-Minus-6" (N)		News (N)
	218	345	11 E!	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	*Time and Again* (2007, Drama) Brooke Burns.				News (N)
	137	763	13 TFO	Panorama		Météo	Nouv. mondes	*Le Quai des brumes* ★★★ (1938, Drame)			Y'a pas d'âge	Volt
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	213	326	15 SUN	Scrubs	George Lopez	Smallville "Bloodline"		Supernatural (HDTV)		Canadian Music Week 2008		Becker
	-	387	16 CBS	Inside Edition	Hollywood	Survivor: Tocantins (N)		CSI: Crime Scene Invstgtn.		(10:01) Eleventh Hour		News (N)
	-	385	17 NBC	The Insider (N)	Entertainment	Furious Five	Kath & Kim (N)	The Office	30 Rock	ER "T-Minus-6" (N)		News (N)
	-	386	18 ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty (N)		Grey's Anatomy		(10:02) Private Practice		News
	219	346	20 ACH-B	Instant Star	TMZ (N)	Wife Swap (N)		Private Practice		(10:01) Eleventh Hour		News (N)
	-	-	28 FOX	Judge Judy (N)	Two/Half Men	American Idol		Hell's Kitchen (PA) (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61 PBS	News-Lehrer	Goodnight Swt.	Doc Martin		Stevie Wonder-White House		MI-5		Business Rpt.
	297	652	330 WPX	Two/Half Men	Family Guy	Smallville "Bloodline"		Supernatural (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331 SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV) (N)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332 TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	Smallville
news	502	390	26 NW	CBC News	Newman	The Hour Joe Clark.		CBC News: The National		The Nature of Things		National
	500	500	33 CNN	Lou Dobbs Tonight		CNN Presents "Black in America: Black Women & Family"				Anderson Cooper 360 (HDTV)		
	509	504	79 CNB	Kudlow Report		CNBC Reports (HDTV)		Am. New Black Overclass		On the Money		Mad Money
sports	405	417	22 net	NHL Hockey Toronto Maple Leafs at New York Islanders. (HDTV) (Live)					Sportsnet Con.	Sportsnet Connected		Hockey Central
	400	400	30 TSN	SportsCentre	That's Hockey!	Interruption	World Series of Poker: Europe		Curling 2009 Scotties Tournament of Hearts -- Draw 17.			
	411	457	58 OLN	Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter	Bounty Hunter	Survivorman
	417	406	81 SC	Pimp My Ride	Pass Time (N)	Pinks -- All Out		Bullrun (HDTV)		Bullrun (HDTV) (N)		Pimp My Ride
family	551	542	25 YTV	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Futurama	Zixx Level	Prank Patrol	Falcon Beach		Mystery Hnt.
	554	544	45 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	*V for Vendetta* ★★★ (2006, Action) Natalie Portman.			
	556	540	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27 W	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design	House	Maxed Out
	570	580	29 MM	(6) Brit Awards '09 (N)		Paris Hilton's My New BFF		Brit Awards '09				Video on Trial
	615	520	31 A&E	The First 48		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Beast "Capone" (N)		The Beast
	700	800	35 TLN	Centrovetrine	Sky TG 24	Voglia di Vivere				Raymond	Raymond	George Lopez
	571	581	36 MMM	mmmtop	Back In	Dream	Where You At	RuPaul's Drag Race		RuPaul's Drag Race		Listed
	575	583	38 CMT	Our Song	Flashback	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Coyote Ugly
	616	521	39 SHO	The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	*Resident Evil: Apocalypse* (2004, Horror)		
	620	523	40 BVO	Camera	Snapshot	Bathroom Divas-Opera Star		*The Last Mogul: The Life and Times of Lew Wasserman*				Law & Order
	601	562	41 SLC	Til Debt-Part	Rich Poor	Bulging Brides	Bulging Brides	Last 10	Last 10	The Biggest Loser		ET Canada
	522	506	43 HIS	NCIS "Eye Spy"		Dogfights		Deep Wreck Mysteries		NCIS "Eye Spy"		Ancestors
	625	548	44 COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP	Gong Show	Daily Show
	600	564	46 H&G	House Hunters	Property Virgin	Holmes on Homes		The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes-Homes
	294	529	47 TBS	House-Payne	House-Payne	Friends	Friends	Friends	Friends	*Orange County* ★★ (2002, Comedy)		
	576	582	49 BET	106 & Park: BET's Top 10 Live		*The Matrix Revolutions* ★★ (2003, Science Fiction) Keanu Reeves, Carrie-Anne Moss.						Judge Hatchett
	627	528	50 SPC	Pretty Bloody Women.		Chuck (HDTV)		Star Trek: Voyager		Chuck (HDTV)		Stargate SG-1
	581	566	52 MTV	MTV Presents	After	MTV News	Cribs	Making the Band 4 (N)		The Girls of Hedsor Hall		MTV Live
	618	524	54 TROP	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	56 FOOD	Chef at Home	Chef at Home	Restaurant Makeover		Unwrapped	Secret Life of	Family	Glutton-Punish.	Ace of Cakes
	261	394	60 V	Murder, She Wrote		Wait for God	'Allo, 'Allo!	*The Gospel Road* ★★ (1973, Docudrama), Larry Lee				Poltergeist
	621	527	63 STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	All in the Fame-ly		The Tonight Show-Jay Leno		TMZ
	553	546	65 TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby
	115	711	101 TVA	Les Gags	Star Académie:	La Classe de 5e (N) (SC)		Taxi 0-22 (SC)	Caméra café	TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102 RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249 VIVA	Judging Amy		Commander In Chief		The West Wing		*Passion*	Homicide File	Psychic Inv.
	300	601	301 M1	(7:15) *Legacy* (2008, Comedy-Drama) Haylie Duff.				*The Promotion* ★★ (2008, Comedy)			*Semi-Pro* (2008, Comedy)	
	305	612	306 PIX	(6:50) *Arizona* ★★★ (1940, Western) Jean Arthur.				*The Limey* ★★ (1999, Crime Drama)			*Nat. Lampoon's Senior Trip*	

critics'corner

Resident Evil: Apocalypse
No one seriously expects much out of a movie based on a best-selling video game, but not even the gameboyz who turned the original "Resident Evil" into a modest box-office hit will find much to enjoy in this 2004 sequel, which doesn't even try to sustain a coherent story line or engaging characters. It's all just mindless, redundant violence, and not even creative violence at that. Not even action babes Milla Jovovich and Sienna Guillory can stir up much excitement. 10 PM on SHO

Hell's Kitchen
Insert your own"egg on their faces" joke here. In this new episode, the chefs must feed breakfast to 50 hungry members of a youth football and cheerleading program. That's challenging enough even without ingredient issues, but when one team runs out of eggs, things get really interesting. And by "interesting" we mean "disastrous." 9 PM on FOX

Real-life vampire love
Art seems to imitates life on the set of True Blood, usmagazine.com reports. Anna Paquin and Stephen Moyer — who are romantically linked on the HBO vampire series — are a couple off screen as well. "We are together," Moyer told TV Guide Magazine. METRO NEWS SERVICES

Celebrity Buzz

Marilyn and Evan back on?

RELATIONSHIP Marilyn Manson and ex-girlfriend Evan Rachel Wood have sparked speculation their relationship is back on after the two were allegedly seen leaving a hotel in Los Angeles hours before Wood was to appear at the Oscars. The rocker reportedly called the actress his "girlfriend" before the two climbed into a car together, femalefirst.co.uk reports.

METRO NEWS SERVICES

Brown in anger management?

LEGAL Chris Brown is taking anger management lessons, femalefirst.co.uk alleges.

The singer, who allegedly beat up his girlfriend Rihanna earlier this month, has reportedly been advised the classes will help him when he appears in court on suspicion of making criminal threats next month, the website reports.

A source said: "Chris doesn't actually have to go by law, but he believes it will make him look better to the public, and he wants to try to get in a few classes before his court date on March 5."

Brown — who recently released a statement saying he was "sorry and saddened over what transpired" — is believed to have attended his first class on Monday.

It has also been claimed 21-year-old Rihanna has a bad temper and the pair had several heated arguments before the incident on Feb. 7, the website alleges.

The source added to the New York Daily News newspaper: "Rihanna is temperamental, too. They're both too hot-headed for their own good.

"It didn't help that Rihanna grabbed the keys out of his rented Lamborghini and threw them down the street. She knew it would really infuriate Chris, and it worked."

It is believed Rihanna will be required to appear at her estranged lover's court trial to testify, forcing the pair to see each other for the first time since Chris was arrested.

METRO NEWS SERVICES

Brit's ex charged in hit and run

LEGAL An arrest warrant has been issued for Britney Spears' paparazzo ex-boyfriend to face felony charges of trying to avoid a process server — with the help of his Mercedes-Benz, people.com reports.

According to L.A. prosecutors, the victim was serving a temporary restraining order, obtained by Spears' father, at Adnan Ghalib's apartment complex in Encino on Feb. 11 when Ghalib got into his car and drove it toward the victim.

To avoid being pinned against a trash truck, the victim jumped on the hood and hung on as the car swerved, eventually falling off and breaking his wrist, among other injuries, the district attorney alleges. Ghalib allegedly drove away without stopping, the website adds.

Ghalib was slapped Tuesday with three felony charges of assault with a deadly weapon, hit-and-run and battery, all worth up to seven years in prison if convicted. The charges include special allegations: Use of a deadly weapon — a car — and great bodily injury. Prosecutors are asking bail be set at $110,000.

GETTY IMAGES PHOTOS

METRO NEWS SERVICES

Anne and Jen's war of words

FEUD Looks like a little quip may have gotten Anne Hathaway a new nemesis: The Rachel Getting Married star was overheard joking to friends, "I'm like Jennifer Aniston. I pick the wrong guys," according to the National Enquirer.

When word got back to Aniston about it, she was reportedly less than pleased: "Say what you like ... I've never dated con men or criminals," Aniston is said to have said, referring to Hathaway's ex-fiancé, an Italian businessman snagged by the FBI last year. METRO NEWS SERVICES

Rosie on menopause, Madonna and beer

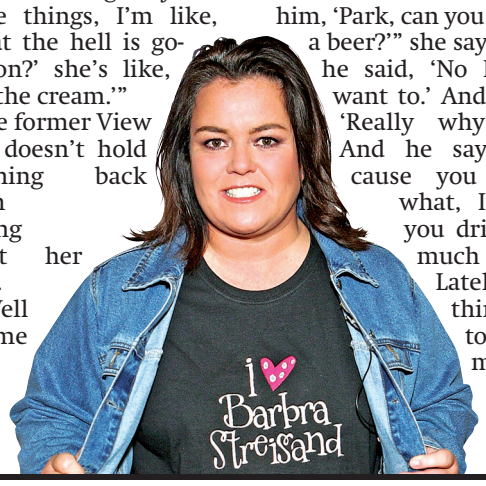
PEOPLE Rosie O'Donnell has been emailing back and forth with Madonna about menopause, she reveals in an interview on The Tyra Banks Show to air today and tomorrow, usmagazine.com reports.

"(Madonna's) great, she's a lot like a big sister," O'Donnell says. "When I started having my hormone things, I'm like, 'What the hell is going on?' she's like, 'Get the cream.'"

The former View host doesn't hold anything back when talking about her body.

"Well let me tell you one thing, Tyra: I am about to be 47 next month and Aunt Flow has not shown up for nine months," she says.

Other changes in O'Donnell's life? She's given up booze. "I stopped drinking on Dec. 1. It has not been easy," she admits. "On Nov. 29, I was with my son, who is now 13, and I said to him, 'Park, can you get me a beer?'" she says. "And he said, 'No I don't want to.' And I said, 'Really why not?' And he says, 'Because you know what, I think you drink too much beer ... Lately I think it's too much.'"



METRO NEWS SERVICES

Jonas Brothers love Rick Astley and Prince

PEOPLE The Jonas Brothers are obsessed with Rick Astley, femalefirst.co.uk reports.

The musical trio are big fans of the '80s British singer and regularly cover his most famous hit.

Kevin Jonas said: "A big one for us that we sing all the time is Rick Astley's Never Gonna Give You Up. Have you ever seen him, by the way? His voice does not match his body."

The band — which also features Nick and Joe — also revealed they are desperate to win a Grammy Award and dream of touring with Purple Rain singer Prince.

Kevin added: "I think to perform with Prince would be incredible. I think that would be one of the best things of all time."

METRO NEWS SERVICES

Weight worries over Lindsay

PEOPLE Michael Lohan is concerned about his daughter Lindsay Lohan's health.

While stopping by Good Day Philadelphia, Michael was asked about Lindsay's recent weight loss. "Lindsay goes through her fluctuations in weight for different roles she's in, and travelling and what she's eating and taking care of herself. I'll talk to her about it. I'll see what's going on," he said.

But that might be difficult, he admitted, since their relationship "has been a little strained because of her relationship with Samantha (Ronson)."

METRO NEWS SERVICES

The Weather Network
TWN incorporates MSC data

Today Variable 7° / -9°
Friday 90% Rain and snow 7° / -12°
Saturday Sunny -3° / -11°

The Weather Network BEAT THE COLD & FLU SEASON
Your Cold & Flu Report is available at theweathernetwork.com

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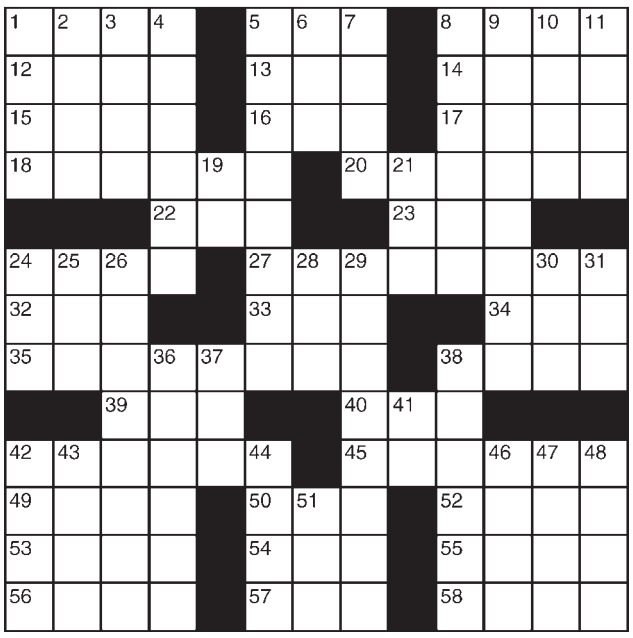

Crossword across

1 Send forth
5 Grier or Dawber
8 Feds
12 A-line creator
13 Mimic
14 Wash
15 Con
16 Revolver
17 Curved molding
18 Unhealthful atmosphere
20 Ascending
22 Heavy weight
23 Tasseled topper
24 Hipsters' jargon
27 Engrave
32 Oklahoma city
33 Peeples or Vardalos
34 Gist
35 Overwhelming
38 Predicate part
39 Exist
40 "Eureka!"
42 Money-back deal
45 Tidbit
49 Object of worship (Var.)
50 Bill's partner
52 Nastase of tennis lore
53 Teller's companion
54 That girl
55 Have coming
56 Vortex
57 Raw rock
58 Colouring agents

Crossword down

1 Mild yellow cheese
2 Revealing fashion
3 Greek vowel
4 Sad, on the Seine
5 Violin virtuoso Niccolo
6 "Simpsons" storekeeper
7 Carte
8 Brooding, angry look
9 Periodical
10 Always
11 Requisite
19 Collins of "MADtv"
21 Cpl.'s subordinate
24 Boxing tactic
25 Altar affirmative
26 Tramp
28 Diarist Anais
29 Native American leader
30 Plant sticker
31 Recede
36 "Beverly Hillbillies" role
37 Permit
38 Heterogeneous
41 Crooner Don
42 Mature
43 Supplemented, with "out"
44 Reverberate
46 Dispatch a dragon
47 Green land
48 Photog's choice
51 "— the fields we go"

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	5			3		9		
				7			4	8
				8	1	3		7
6	4				3		8	
				5				
	3		7				2	1
4		6	8	9				
8	1			4				
		3		2			5	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

P	O	L	S	■	A	I	M	■	O	H	M	S
E	X	I	T	■	D	N	A	■	N	E	A	P
C	E	R	E	M	O	N	Y	■	A	G	U	E
K	N	A	V	E	■	■	S	H	I	E	L	D
■	■	■	I	N	C	A	■	A	R	M	■	■
J	A	P	E	■	O	V	A	L	■	O	H	O
A	L	A	■	T	R	O	U	T	■	N	E	W
B	E	L	■	U	N	I	T	■	H	Y	M	N
■	■	I	O	N	■	D	O	L	E	■	■	■
R	O	M	P	E	R	■	■	E	R	N	I	E
A	L	O	E	■	A	N	T	I	M	O	N	Y
F	I	N	N	■	C	O	W	■	A	P	S	E
T	O	Y	S	■	E	G	O	■	N	E	T	S

5	2	1	4	7	6	3	9	8
3	7	9	1	8	2	4	5	6
8	4	6	3	9	5	2	1	7
9	6	7	2	4	1	5	8	3
1	5	4	7	3	8	6	2	9
2	3	8	6	5	9	7	4	1
7	1	5	9	2	3	8	6	4
6	8	3	5	1	4	9	7	2
4	9	2	8	6	7	1	3	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Steak with Puttanesca Sauce

INGREDIENTS:
25 g (half a can) anchovy fillets, drained
2 tbsp (25 ml) low-fat milk
2 tbsp (25 ml) olive oil
1 red onion, roughly chopped
2 garlic cloves, crushed
1 red chili pepper, deseeded and finely chopped
12 oz (350 g) cherry tomatoes, halved
2 tbsp (25 ml) bottled capers, rinsed
1 tsp (5 ml) dried oregano
4 lean round steaks (about 4 oz/115 g each)

METHOD:
1. Lay anchovies flat in small dish, spoon over milk and leave to soak while you begin preparing sauce.
2. Heat 1 tbsp (15 ml) oil in large, ridged frying pan, add onion and cook gently 3-4 minutes until soft.
3. Stir in garlic and chili pepper, then add tomatoes, capers and oregano. Drain and discard milk from anchovies, roughly chop anchovies and add to sauce. Stir and cook gently 5 minutes or until the tomatoes are lightly cooked. Tip sauce out into bowl and set aside while cooking steaks.
4. Rinse out pan and reheat. Brush steaks lightly on both sides with remaining oil and season with black pepper. Place steaks in hot pan and cook over medium-high heat 2-3 minutes per side for rare or 4-6 minutes per side for medium.
5. Pour sauce over steaks in pan and heat through, then serve.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Share your secrets with a special person. Lessons are learned by a whining victim. Open your eyes to a pawn in a crazy game.

TAURUS
APRIL 21-MAY 21
Relatives are aware of an unexpected crisis. Common sense will disturb a scoundrel. Don't give up on any romantic thoughts.

GEMINI
MAY 22-JUNE 21
Take the time to make a sensational change. The final days of a business are looming. A mischievous guy gets a reward.

CANCER
JUNE 22-JULY 22
You're in the mood to listen to an adviser. This isn't the right time to say something stupid. Someone takes the path of least resistance.

LEO
JULY 23-AUG 23
Pay attention when something smells fishy. Rely on a phone call to correct a mistake. Refuse to lose sight of the truth.

VIRGO
AUG 24-SEPT 22
An overjoyed person reveals that something's up. Shocking events are caused by financial problems. A surprise phone call causes discomfort.

LIBRA
SEPT 23-OCT 23
Your denial of reality won't sit well. An obsession shows a different side of you. Your concept of freedom will surprise everyone.

SCORPIO
OCT 24-NOV 22
A stranger will appreciate your work. Let a good love change your life. Be rational, amusing, clever and cheerful no matter what happens.

SAGITTARIUS
NOV 23-DEC 21
A conman was hurt by your remark. An optimistic attitude develops after noon. A newcomer is delayed by an error.

CAPRICORN
DEC 22-JAN 20
Emotional people will need assistance. A wounded friend reminds you to forgive a woman. Pack up and move away from a sad situation.

AQUARIUS
JAN 21-FEB 18
The cause of a profitable disturbance is revealed. Wish for an excellent dream to come true. A loved one reveals your destiny together.

PISCES
FEB 19-MARCH 20
Absent-minded people irritate a stubborn fellow. You'll see that it's time to move on. Your energy level is speeding up.

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GL with Sport Package shown

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Limited model shown

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Limited model shown

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Limited model shown

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GL 5-speed model shown

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